NDB No. 36000 APPLEBEE'S, 9 oz house sirloin steak

Applebee's applebees, family style

		<u>Am ou</u>	nt in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of fo	<u>ou</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean Sto	l. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_				_				
Water		61.88	0.740	6 A	1		97.16		
Energy		189		0 NC			297		
Energy		791		0 NC			1242		
Protein	_	26.85	0.499	6 A	1		42.15		
Total lipid (fat)		9.08	0.376	6 A	1		14.26		
Ash		2.28	0.063	6 A	1		3.57		
Carbohydrate, by difference		0.00		0 NC	4		0.00		
Fiber, total dietary									
Sugars, total		0.00		1 A	1		0.00		
Sucrose	g	0.00		1 A	1		0.00		
Glucose (dextrose)		0.00		1 A	1		0.00		
Fructose	g	0.00		1 A	1		0.00		
Lactose	g	0.00		1 A	1		0.00		
Maltose		0.00		1 A	1		0.00		
Galactose		0.00		1 A	1		0.00		
Starch	g								
Minerals:									
Calcium, Ca		16	0.174		1		26		
Iron, Fe		2.07	0.170	6 A	1		3.25		
Magnesium, Mg		24	0.387	6 A	1		37		
Phosphorus, P	-	202	2.717	6 A	1		316		
Potassium, K		350	6.110	6 A	1		550		
Sodium, Na		604	20.672	6 A	1 1		948		
Zinc, Zn		5.35	0.279	6 A 6 A	1		8.40		
Copper, Cu		0.076 0.014	0.002 0.001	6 A	1		0.119 0.021		
Manganese, Mn Selenium, Se		24.7		3 A	1		38.7		
Vitamins:									
Vitamin C, total ascorbic acid	ma								
Thiamin	-	0.050	0.001	3 A	1		0.079		
Riboflavin	-	0.287	0.003	3 A	1		0.450		
Niacin	-	4.903	0.133	3 A	1		7.698		
Pantothenic acid	-	0.345		2 A	1		0.542		
Vitamin B-6	-	0.575	0.014	3 A	1		0.903		
Folate, total	µg								
Folate, DFE									
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	2.00	0.200	3 A	1		3.14		
Vitamin A, RAE	µg	7		0 AS	1		10		
Vitamin A, IU	JU	22		0 As	1		34		
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)		0.37	0.031	3 A	1		0.58		
Tocopherol, beta		0.00	0.000	3 A	1		0.00		
Tocopherol, gamma		0.11	0.011	3 A	1		0.17		
Tocopherol, delta		0.02		3 A	1		0.04		
Tocotrienol, alpha		0.00	0.000	3 A	1		0.00		
Tocotrienol, beta		0.07	0.067	3 A	1		0.10		
Tocotrienol, gamma	-	0.03	0.013	3 A	1		0.04		
Tocotrienol, delta		0.00	0.000	3 A	1		0.00		
Vitamin D (D2 + D3)									
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

Nutrients and Units		Mean	Std.					Code	Code	Measure 1	Measure
I initia.											
Lipids: Fatty acids, total saturated	a	3.4	177			0	NC	4		5.458	
4:0		0.0		0.00		3	A	1		0.000	
6:0	-	0.0		0.00		3	A	1		0.000	
8:0	-	0.0	000	0.00	00	3	A	1		0.000	
10:0	g	0.0	800	0.00	00	3	A	1		0.013	
12:0	g	0.0	800	0.00	1	3	A	1		0.013	
13:0	-										
14:0	_	0.2		0.01		3	A	1		0.413	
15:0		0.0		0.00		3	A	1		0.062	
16:0	-	2.1		0.15		3	A	1		3.323	
17:0	_	0.1		0.01		3	A	1		0.162	
18:0	-	0.9		0.05		3	A A	1		1.453	
20:0 22:0	-	0.0		0.00		3	A	1		0.011	
24:0		0.0		0.00		3	A	1		0.002 0.005	
Fatty acids, total monounsaturated		4.3		0.00		0	NC	4		6.830	
14:1		0.0		0.00		3	A	1		0.152	
15:1	-	0.0		0.00		3	A	1		0.000	
16:1 undifferentiated	-	0.4				0	AS	1		0.653	
16:1 c	-	0.3		0.02	26	3	A	1		0.615	
16:1 t	g	0.0	24	0.00	2	3	A	1		0.038	
17:1	g	0.0	93	0.01	. 6	3	A	1		0.146	
18:1 undifferentiated		3.7	716			0	AS	1		5.835	
18:1 c	g	3.4	181	0.26	54	3	A	1		5.465	
18:1 t	g	0.2	236	0.01	. 7	3	A	1		0.370	
18:1-11 t (18:1t n-7)	g										
20:1	g	0.0		0.00)6	3	A	1		0.045	
22:1 undifferentiated		0.0	000			0	AS	1		0.000	
22:1 c		0.0		0.00		3	A	1		0.000	
22:1 t	-	0.0		0.00		3	A	1		0.000	
24:1 c		0.0		0.00		3	A	1		0.000	
Fatty acids, total polyunsaturated		0.5				0	NC	4		0.835	
18:2 undifferentiated		0.3		0 01		0	AS	1		0.626	
18:2 CV A	-	0.3		0.01		3	A A	1 1		0.483	
18:2 CLAs 18:2 t,t	-	0.0	131	0.00	, 3	3	A	1		0.058	
18:2 i,											
18:2 t not further defined		0.0)54	0.01	1	3	A	1		0.085	
18:3 undifferentiated		0.0				0	AS	1		0.039	
18:3 n-3 c,c,c (ALA)	-	0.0		0.00	1	3	A	1		0.037	
18:3 n-6 c,c,c		0.0	001	0.00	1	3	A	1		0.002	
18:3i		0.0	000	0.00	00	3	A	1		0.000	
18:4	g	0.0	000	0.00	0	3	A	1		0.000	
20:2 n-6 c,c		0.0	002	0.00	1	3	A	1		0.003	
20:3 undifferentiated	g	0.0	22			0	AS	1		0.034	
20:3 n-3	g	0.0	000	0.00	0	3	A	1		0.000	
20:3 n-6	g	0.0	22	0.00	2	3	A	1		0.034	
20:4 undifferentiated	-	0.0)56	0.00	3	3	A	1		0.088	
20:4 n-6											
20:5 n-3 (EPA)		0.0	005	0.00	1	3	A	1		0.008	
21:5	-					_		_			
22:4		0.0		0.00		3	A	1		0.013	
22:5 n-3 (DPA)		0.0		0.00		3	A	1		0.021	
22:6 n-3 (DHA)		0.0		0.00		3 0	A NC	1 4		0.001	
Fatty acids, total trans		0.3				0	NC	4		0.493	
Fatty acids, total trans-monoenoic		0.2				0	NC NC	4		0.408 0.085	
Fatty acids, total trans-polyenoic Cholesterol		79	,,,,,,	1.31		3	A	1		124	
Phytosterols	_	13		1.31	.,	5		_		141	
Amino Acids:	9										
Tryptophan	g	0.3	356			0	A	1		0.559	
Threonine		1.2	257			0	A	1		1.973	

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	1.334	0	A	1		2.095		
Leucineg	2.263	0	A	1		3.553		
Lysineg	2.332	0	A	1		3.661		
Methionine	0.648	0	A	1		1.017		
Cystineg	0.300	0	A	1		0.471		
Phenylalanineg	1.121	0	A	1		1.759		
•	0.984	0	A	1		1.545		
Tyrosine	1.392	0	A	1		2.186		
_	1.875	0	A	1		2.944		
Arginineg	0.976	0	A	1		1.533		
Histidineg	1.594	0	A	1		2.503		
Alanineg		•		1				
Aspartic acidg	2.540	0	A			3.988		
Glutamic acidg	4.323	0	A	1		6.787		
Glycineg	1.245	0	A	1		1.955		
Prolineg	1.175	0	A	1		1.845		
Serineg	1.010	0	A	1		1.586		
Hydroxyprolineg								

Common Measures:

Measure 1 = 157g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36001 APPLEBEE'S, Double Crunch Shrimp

Applebee's applebees, family style

		<u>Am o</u>	unt in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
			Num be		_			casares or roc	<u> </u>
Nutrients and Un	its	Mean S	of Dat itd. Error Point			Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		40.12	1	A	1		82.65		
Energy		323	0	NC	4		666		
Energy		1352	0	NC	4		2785		
Protein		12.31	1	A	1		25.36		
Total lipid (fat)		18.90	1	A	1		38.93		
Ash		2.71	1	A	1		5.58		
Carbohydrate, by difference		25.96	0	NC	4		53.47		
Fiber, total dietary		2.6	1	A	1		5.4		
Sugars, total		1.07	1	A	1		2.21		
Sucrose	g	0.30	1	A	1		0.62		
Glucose (dextrose)		0.07	1	A	1		0.15		
Fructose		0.20	1	A	1		0.41		
Lactose	g	0.00	1	A	1		0.00		
Maltose		0.50	1	A	1		1.03		
Galactose		0.00	1	A	1		0.00		
Starch	g	22.80	1	A	1		46.97		
Minerals:									
Calcium, Ca	ma	45	1	A	1		92		
Iron, Fe	-	1.03	1	A	1		2.12		
Magnesium, Mg		23	1	A	1		46		
Phosphorus, P		271	1	A	1		558		
Potassium, K		97	1	A	1		200		
Sodium, Na	mg	838	1	A	1		1726		
Zinc, Zn	<u>m</u> g	0.78	1	A	1		1.61		
Copper, Cu	mg	0.140		A	1		0.288		
Manganese, Mn		0.281	1	A	1		0.579		
Selenium, Se	µg	26.6	1	A	1		54.8		
Vitamins:									
Vitamin C, total ascorbic acid	mg								
Thiamin	mg	0.090	1	A	1		0.185		
Riboflavin	mg	0.089	1	A	1		0.183		
Niacin	mg	0.900	1	A	1		1.854		
Pantothenic acid	-	0.340	1	A	1		0.700		
Vitamin B-6	•	0.055		A	1		0.113		
Folate, total		14	1	A	1		28		
Folate, DFE									
Choline, total	-	50.1	0	AS	1		103.2		
Betaine		0.43	-	3	1		0.00		
Vitamin B-12		0.43 2	1	A AS	1 1		0.89 3		
Vitamin A, RAE Vitamin A, IU		5	0	AS AS	1		3 11		
Lycopene		5	U	AD	_		11		
LycopeneLutein + zeaxanthin									
Vitamin E (alpha-tocopherol)		1.97	1	A	1		4.05		
Tocopherol, beta		0.22	1	A	1		0.46		
Tocopherol, gamma		8.31	1	A	1		17.11		
Tocopherol, delta		3.35	1	A	1		6.90		
Tocotrienol, alpha		0.00	1	A	1		0.00		
Tocotrienol, beta		0.00	1	A	1		0.00		
Tocotrienol, gamma	mg	0.00	1	A	1		0.00		
Tocotrienol, delta		0.00	1	A	1		0.00		
Vitamin D (D2 + D3)	µg								
Vitamin D2 (ergocalciferol)	µg								
Vitamin D3 (cholecalciferol)									
Vitamin D									
Vitamin K (phylloquinone)		29.1	1	A	1		60.0		
Dihydrophylloquinone		0.0	1	A	1		0.0		
Menaquinone-4	µg	0.0	1	A	1		0.0		

Threonine.....g

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.366 NC 6.933 4:0.....g 0.000 1 Α 1 0.000 6:0.....g 0.000 A 0.000 0.006 1 8:0.....g Α 1 0.012 10:0.....g 0.005 1 Α 1 0.010 0.002 12:0.....g 1 Α 1 0.004 13:0.....g 0.020 1 0.041 14:0.....g Α 1 0.006 1 A 1 0.012 1.991 1 4.101 16:0.....g Α 1 17:0.....g 0.022 1 1 0.045 1.163 1 1 Α 2.396 18:0.....g 0.065 1 А 1 0.134 0.063 1 Α 1 0.130 22:0.....g 0.023 1 А 1 0.047 24:0.....g 4.235 0 NC 4 8.723 14:1.....g 0.000 1 Α 1 0.000 0.000 1 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.035 0 AS 1 0.072 0.033 1 Α 1 0.068 16:1 c......g 0.002 1 Α 1 0.004 16:1 t.....g 0.011 0.022 1 1 17:1.....g Α 18:1 undifferentiated......g 4.058 0 AS 1 8.359 4.018 8.277 1 Α 1 18:1 c.....g 0.040 1 Α 1 0.082 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.131 1 Α 1 0.270 0.000 0 AS 1 0.000 22:1 c.....g 0.000 1 Α 1 0.000 0.000 1 1 0.000 22:1 t......g Α 0.000 1 Α 1 0.000 Fatty acids, total polyunsaturated......g 9.682 0 NC 4 19.946 18:2 undifferentiated......g 8.505 0 AS 1 17.520 8.379 A 1 17.261 18:2 n-6 c.c....g 18:2 CLAs......g 0.021 1 1 0.043 18:2 t,t.....g 18:2 i.....g 0.105 1 1 0.216 18:2 t not further defined......g Α 18:3 undifferentiated......g 0 1.067 AS 1 2.198 18:3 n-3 c,c,c (ALA)......g 0.977 1 A 1 2.012 0.090 18:3 n-6 c,c,c.....g 1 1 0.185 Α 0.000 1 1 0.000 18:3i.....g 0.000 1 А 1 0.000 18:4.....g 0.010 1 Α 1 0.020 20:2 n-6 c,c.....g 0.000 0 20:3 undifferentiated.....g AS 1 0.000 0.000 1 A 1 0.000 20:3 n-3.....g 0.000 1 Α 1 0.000 20:3 n-6.....g 0.030 1 Α 1 20:4 undifferentiated......g 0.062 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.034 1 А 1 0.070 21:5......g 0.003 22:4.....g 1 Α 1 0.006 22:5 n-3 (DPA).....g 0.004 0.008 1 Α 1 22:6 n-3 (DHA)......g 0.030 1 Α 1 0.062 0 0.147 NC 4 0.302 Fatty acids, total trans-monoenoic......g 0.042 0 NC 4 0.086 0.105 NC 0.216 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 86 1 Α 1 178 Phytosterols.....mg Amino Acids: 0.287 Tryptophan.....g 0.139 1 Α 0.447 0 Α 1 0.921

	Amount in 10	00 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.526	0	A	1		1.084		
Leucineg	0.959	0	A	1		1.976		
Lysineg	0.829	0	A	1		1.708		
Methionine9	0.282	0	A	1		0.581		
Cystineg	0.167	0	A	1		0.344		
Phenylalanineg	0.550	0	A	1		1.133		
Tyrosineg	0.415	0	A	1		0.854		
Valineg	0.548	0	A	1		1.128		
	0.894	0	A	1		1.841		
Arginine	0.263	0	A	1		0.542		
Alanineg	0.622	0	A	1		1.281		
	1.075	0		1		2.215		
Aspartic acidg		·	A	1				
Glutamic acidg	2.680	0	A	1		5.520		
Glycineg	0.582	0	A	1		1.199		
Prolineg	0.792	0	A	1		1.631		
Serineg	0.486	0	A	1		1.001		
Hydroxyprolineg								

Common Measures:

Measure 1 = 206g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36003 APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu

Applebee's

applebees, family style

		Amo	unt in 100	gram	s ot edi	pie portio	<u>on</u>	Amount in edible portion of common			
			N	ım be	r			measures of food			
						Source C	Confidence				
Nutrients and Uni	te	Mean S	Std. Error F				Code	Measure 1	Measure 2	Measure 3	
Nutrients and one	15	Weari S	olu. 🗆 i Oi i	Omito	oouc	Oode	0040	weasure i	Weasure 2	weasure .	
Proximates:											
Water	g	68.28	0.15	8 6	A	1		84.67	122.90		
Energy	kcal	143		0	NC	4		178	258		
Energy	kJ	600		0	NC	4		744	1080		
Protein	g	5.01	0.12	7 6	A	1		6.21	9.02		
Total lipid (fat)	g	4.34	0.11	8 6	A	1		5.39	7.82		
Ash	_	1.29	0.01	7 6	A	1		1.60	2.32		
Carbohydrate, by difference	g	21.08		0	NC	4		26.14	37.94		
Fiber, total dietary	g	1.3	0.06	4 3	A	1		1.6	2.4		
Sugars, total		3.70	0.10	5 3	A	1		4.58	6.65		
Sucrose	g	0.00	0.00		A	1		0.00	0.00		
Glucose (dextrose)		0.00	0.00		A	1		0.00	0.00		
Fructose	g	0.00	0.00		A	1		0.00	0.00		
Lactose		3.66	0.06		A	1		4.53	6.58		
Maltose	<u>g</u>	0.00	0.00		A	1		0.00	0.00		
Galactose		0.04	0.04		A	1		0.05	0.07		
Starch	g	14.77	0.28	5 3	A	1		18.31	26.58		
Minerals:						_			- 40		
Calcium, Ca		79	0.82		A	1		98	143		
Iron, Fe	_	0.84	0.05		A A	1 1		1.04 27	1.52 39		
Magnesium, Mg		22 104	0.56 1.25		A	1		128	186		
Phosphorus, P Potassium, K		163	3.55		A	1		203	294		
Sodium, Na	_	288	3.36		A	1		357	518		
Zinc, Zn	_	0.57	0.01		A	1		0.71	1.02		
Copper, Cu		0.061			A	1		0.076	0.110		
Manganese, Mn		0.254	0.01	1 6	A	1		0.315	0.458		
Selenium, Se		23.1	0.36	1 3	A	1		28.6	41.6		
Vitamins:											
Vitamin C, total ascorbic acid	_										
Thiamin		0.103			A	1		0.128	0.186		
Riboflavin	_	0.283			A	1		0.351	0.510		
Niacin	_	0.970			A	1		1.203	1.746		
Pantothenic acid		0.550		2	A	1		0.682	0.990		
Vitamin B-6	•	0.065	0.00	2 3	A	1		0.081	0.117		
Folate, total											
Folate, DFE											
Betaine											
Vitamin B-12		0.24	0.01	8 3	A	1		0.30	0.44		
Vitamin A, RAE		18		0	AS	1		23	33		
Vitamin A, IU		67		0	AS	1		84	121		
Lycopene		0		1	A	1		0	0		
Lutein + zeaxanthin		95		1	A	1		118	171		
Vitamin E (alpha-tocopherol)		0.52	0.03	6 3	A	1		0.65	0.94		
Tocopherol, beta		0.03	0.01	6 3	A	1		0.04	0.06		
Tocopherol, gamma	mg	1.03	0.01		A	1		1.28	1.85		
Tocopherol, delta		0.02	0.01		A	1		0.02	0.03		
Tocotrienol, alpha		0.04	0.01		A	1		0.05	0.07		
Tocotrienol, beta	_	0.14	0.14		A	1		0.18	0.26		
Tocotrienol, gamma		0.33	0.16		A	1		0.41	0.59		
Tocotrienol, delta		0.00	0.00	0 3	A	1		0.00	0.00		
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol) Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am</u>				of edil	ble portion		dible portion o	
			Num					easures of foo	<u>a</u>
Nutrients and Units	Mean	Std. Error				Source Confidence Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	1.31			0	NC	4	1.627	2.362	
4:0g 6:0g	0.03			3	A A	1	0.044 0.034	0.063 0.049	
8:0	0.02			3	A	1	0.034	0.049	
10:0g	0.04			3	A	1	0.054	0.078	
12:0g	0.04	7 0.	004	3	A	1	0.058	0.084	
13:0g									
14:0g	0.15			3	A	1	0.190	0.275	
15:0g	0.01			3	A	1	0.024	0.034	
16:0g 17:0g	0.63 0.01			3	A A	1	0.788 0.016	1.144 0.024	
18:0g	0.28			3	A	1	0.353	0.513	
20:0g	0.01			3	A	1	0.024	0.034	
22:0g	0.01	.0 0.	000	3	A	1	0.013	0.018	
24:0g	0.00	8 0.	001	3	A	1	0.010	0.014	
Fatty acids, total monounsaturatedg	1.95			0	NC	4	2.420	3.512	
14:1g	0.01			3	A	1	0.020	0.029	
15:1g	0.00			3	A	1 1	0.000	0.000	
16:1 undifferentiated	0.03			3	AS A	1	0.045 0.036	0.065 0.052	
16:1 t	0.00			3	A	1	0.009	0.032	
17:1g	0.00			3	A	1	0.006	0.009	
18:1 undifferentiatedg	1.85	64 0.:	104	3	AS	1	2.299	3.338	
18:1 cg	1.80	8 0.	101	3	A	1	2.242	3.255	
18:1 tg	0.04	6 0.	004	3	A	1	0.057	0.083	
18:1-11 t (18:1t n-7)g					_				
20:1	0.03			3	A AS	1 1	0.049	0.071	
22:1 undifferentiated	0.00			3	A	1	0.001 0.001	0.002 0.002	
22:1 tg	0.00			3	A	1	0.000	0.002	
24:1 cg	0.00			3	A	1	0.000	0.000	
Fatty acids, total polyunsaturated	0.95	52		0	NC	4	1.181	1.714	
18:2 undifferentiatedg	0.71	.4 0.	019	3	AS	1	0.885	1.285	
18:2 n-6 c,cg	0.68			3	A	1	0.850	1.234	
18:2 CLAsg	0.01	.0 0.	001	3	A	1	0.013	0.019	
18:2 t,tg 18:2 ig									
18:2 t not further definedg	0.01	8 0.	001	3	A	1	0.022	0.032	
18:3 undifferentiatedg	0.22		009	3	AS	1	0.282	0.410	
18:3 n-3 c,c,c (ALA)	0.21			3	A	1	0.272	0.395	
18:3 n-6 c,c,cg	0.00	9 0.	001	3	A	1	0.011	0.015	
18:3ig	0.00			3	A	1	0.000	0.000	
18:4g	0.00			3	A	1	0.000	0.000	
20:2 n-6 c,c	0.00			3	A As	1 1	0.004	0.005	
20:3 undifferentiated	0.00			3	AS A	1	0.002 0.000	0.002 0.000	
20:3 n-6	0.00			3	A	1	0.002	0.002	
20:4 undifferentiatedg	0.00			3	A	1	0.008	0.012	
20:4 n-6g									
20:5 n-3 (EPA)g 21:5g	0.00	0.0	000	3	A	1	0.000	0.000	
22:4g	0.00	0.0	000	3	A	1	0.000	0.000	
22:5 n-3 (DPA)g	0.00			3	A	1	0.000	0.000	
22:6 n-3 (DHA)g	0.00			3	A	1	0.000	0.000	
Fatty acids, total trans	0.07			0	NC	4	0.088	0.127	
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg	0.05			0	NC NC	4 4	0.066 0.022	0.095 0.032	
Cholesterolm			145		A	1	9	13	
Phytosterolsm	•	- •	-		-		-	-	
Amino Acids:									
Tryptophang	0.06	3		0	A	1	0.078	0.113	
Threonineg	0.14	:7		0	A	1	0.182	0.265	

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Con Code (ifidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.273	0	A	1		0.339	0.491	
Leucineg	0.473	0	A	1		0.586	0.851	
Lysineg	0.189	0	A	1		0.234	0.340	
Methionineg	0.115	0	A	1		0.143	0.208	
Cystineg	0.095	0	A	1		0.117	0.170	
Phenylalanineg	0.273	0	A	1		0.339	0.491	
Tyrosineg	0.168	0	A	1		0.208	0.302	
Valineg	0.326	0	A	1		0.404	0.586	
Arginineg	0.210	0	A	1		0.261	0.378	
Histidineg	0.136	0	A	1		0.169	0.246	
Alanineg	0.179	0	A	1		0.221	0.321	
Aspartic acidg	0.347	0	A	1		0.430	0.624	
Glutamic acid	1.597	0	A	1		1.980	2.874	
Glycineg	0.147	0	A	1		0.182	0.265	
Proline	0.809	0	A	1		1.003	1.456	
SerineQ	0.210	0	A	1		0.261	0.378	
Hydroxyprolineg	0.000	1	A	1		0.000	0.000	

Common Measures:

Measure 1 = 124g: 1 cup Measure 2 = 180g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36023 APPLEBEE'S, chicken tenders platter

Applebee's

applebees, family style **Refuse:**0%

		Alliou	int in 100 gr	am s	oreal	bie porti	<u>011</u>	Amount in e	dible portion	of common
			Nun	nber				<u>m</u>	easures of fo	od_
			of I	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water Energy		43.38 297	0.217	6 0	A NC	1 4		90.65 620		
Energy		1241		0	NC	4		2594		
Protein		19.62	0.360	6	A	1		41.01		
Total lipid (fat)		16.24	0.373	6	A	1		33.95		
Ash	-	2.78	0.049	6	A	1		5.81		
Carbohydrate, by difference		17.98		0	NC	4		37.58		
Fiber, total dietary	-	1.0	0.092	3	A	1		2.1		
Sugars, total		0.36	0.015	3	A	1		0.75		
Sucrose		0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		0.36	0.015	3	A	1		0.75		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		17.03	0.441	3	A	1		35.60		
Minerals:										
Calcium, Ca	-	23	0.484	6	A	1		48		
Iron, Fe		0.90	0.017	6	A	1		1.89		
Magnesium, Mg		30	0.320	6	A	1		64		
Phosphorus, P		298 336	5.993 4.549	6 6	A A	1 1		622 702		
Potassium, K	-	740	11.662	6	A	1		702 1547		
Zinc, Zn	-	0.71	0.007	6	A	1		1.49		
Copper, Cu		0.069	0.004	6	A	1		0.145		
Manganese, Mn		0.258	0.008	6	A	1		0.538		
Selenium, Se		16.8	0.437	3	A	1		35.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.103	0.003	3	A	1		0.216		
Riboflavin	mg	0.183	0.003	3	A	1		0.383		
Niacin	mg	7.847	0.488	3	A	1		16.399		
Pantothenic acid	mg	1.670		2	A	1		3.490		
Vitamin B-6	mg	0.506	0.031	3	A	1		1.057		
Folate, total	µg									
Folate, DFE	µg									
Choline, total										
Betaine	-									
Vitamin B-12		0.14	0.009	3	A	1		0.29		
Vitamin A, RAE	1. 7	9		0	AS	1		19		
Vitamin A, IU		67		0	AS	1		140		
Lycopene		5 72		1 1	A	1 1		11 150		
Lutein + zeaxanthin		1.45	0.069	3	A A	1		3.03		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.24	0.069	3	A	1		0.51		
•		7.86	0.605	3	A	1		16.43		
Tocopherol, gamma Tocopherol, delta		3.52	0.003	3	A	1		7.36		
Tocotrienol, alpha		0.03	0.015	3	A	1		0.06		
Tocotrienol, beta		0.17	0.087	3	A	1		0.36		
Tocotrienol, gamma	_	0.08	0.039	3	A	1		0.16		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)				-		=				
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									
Menaquinone-4										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.849 0 NC 5.955 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.001 3 8:0.....g 0.006 Α 1 0.013 10:0.....g 0.006 0.001 3 Α 1 0.012 0.000 3 0.004 12:0.....g Α 1 0.008 13:0.....g 0.001 3 0.019 14:0.....g Α 1 0.039 0.005 0.000 3 1 Α 0.010 1.780 0.031 3 3.719 16:0.....g Α 1 17:0.....g 0.017 0.000 3 1 0.036 0.894 0.013 3 Α 1 1.868 18:0.....g 0.049 0.001 3 A 1 0.103 0.052 0.000 3 Α 1 0.108 22:0.....g 0.018 0.000 3 А 0.038 24:0.....g 1 4.385 NC 0 4 9.164 14:1.....g 0.001 0.001 3 А 1 0.003 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.055 0.008 3 AS 1 0.115 0.055 0.008 Α 1 16:1 c......g 0.115 0.000 0.000 3 А 1 0.000 16:1 t.....g 0.009 0.001 3 1 0.018 17:1.....g Α 18:1 undifferentiated......g 3.403 0.044 3 AS 1 7.112 3.368 0.045 3 Α 1 7.040 18:1 c.....g 0.035 0.006 3 Α 1 0.072 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.005 3 0.917 Α 1 1.916 20:1.....g 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 3 1 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 7.042 NC 14.718 0.079 18:2 undifferentiated......g 6.893 3 AS 1 14.407 6.787 0.074 3 A 1 14.185 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.021 1 0.044 18:2 t,t.....g 18:2 i.....g 0.085 0.006 3 1 0.178 18:2 t not further defined......g 18:3 undifferentiated......g 0.005 3 0.061 1 0.128 AS 18:3 n-3 c,c,c (ALA)......g 0.000 0.000 3 A 1 0.000 0.061 0.005 3 0.128 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.010 0.001 3 Α 1 0.020 20:2 n-6 c,c.....g 0.012 0.002 3 20:3 undifferentiated.....g AS 1 0.026 0.000 0.000 3 A 1 20:3 n-3.....g 0.000 0.002 3 0.012 Α 1 0.026 20:3 n-6.....g 0.047 0.004 3 1 20:4 undifferentiated......g Α 0.099 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.001 0.001 3 А 1 0.002 21:5.....g 0.010 0.005 3 22:4.....g Α 1 0.021 22:5 n-3 (DPA).....g 0.004 0.002 3 0.008 Α 1 0.002 3 22:6 n-3 (DHA)......g 0.004 Α 1 0.008 0.120 0 NC 4 0.251 Fatty acids, total trans-monoenoic......g 0.035 0 NC 4 0.072 0.085 0.178 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 52 1.170 3 1 109 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.220 1 0.459 Α

0.638

Threonine......g

0

Α

1

1.334

	Amount in 1	00 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data	Deriv		onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	1.015	0	A	1		2.122		
Leucine	1.622	0	A	1		3.390		
Lysine	1.476	0	A	1		3.084		
Methionineg	0.523	0	A	1		1.094		
Cystineg	0.272	0	A	1		0.568		
Phenylalanineg	0.816	0	A	1		1.706		
Tyrosineg	0.523	0	A	1		1.094		
Valineg	1.109	0	A	1		2.318		
Arginineg	1.214	0	A	1		2.537		
Histidineg	0.712	0	A	1		1.487		
Alanineg	1.120	0	A	1		2.340		
Aspartic acidg	1.727	0	A	1		3.609		
Glutamic acidg	3.464	0	A	1		7.240		
Glycineg	0.858	0	A	1		1.793		
Prolineg	0.973	0	A	1		2.034		
Serineg	0.586	0	A	1		1.225		
Hydroxyprolineg	0.040	1	A	1		0.083		

Common Measures:

Measure 1 = 209g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36005 APPLEBEE'S, chicken tenders, from kids' menu

Applebee's

applebees, family style

		<u>Am</u>	ount in 100 g			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
				mbe		_		<u></u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	43.42	2 0.555	5 6	A	1		15.20	42.99	
Energy		296	0.55	0	NC	4		104	293	
		1238		0	NC	4		433		
Energy			. 0.151			1			1226 19.06	
Protein		19.25			A			6.74		
Total lipid (fat)	-	16.15			A	1		5.65	15.99	
Ash		2.81			A	1		0.99	2.79	
Carbohydrate, by difference		18.36		0	NC	4		6.43	18.18	
Fiber, total dietary		1.2	0.060		A	1		0.4	1.2	
Sugars, total		0.39			A	1		0.14	0.38	
Sucrose	g	0.00	0.000) 3	A	1		0.00	0.00	
Glucose (dextrose)		0.39	0.018	3	A	1		0.14	0.38	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose		0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch		16.97	0.736	3	A	1		5.94	16.80	
	0									
Minerals:	ma	23	0.494	. 6	A	1		8	23	
Calcium, Ca		23 0.90			A	1			0.89	
Iron, Fe						1		0.32		
Magnesium, Mg		30	0.353		A			11	30	
Phosphorus, P		305	3.992		A	1		107	302	
Potassium, K		337	3.420		A	1		118	333	
Sodium, Na		763	6.227		A	1		267	756	
Zinc, Zn		0.71			A	1 1		0.25	0.71	
Copper, Cu		0.07			A	1		0.025	0.071	
Manganese, Mn		0.26 16.9	0.010 1.308		A A	1		0.091 5.9	0.258 16.7	
Selenium, Se	pg	10.9	1.306	, ,	A	1		5.9	10.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	-	0.10			A	1		0.035	0.099	
Riboflavin	-	0.17			A	1		0.062	0.175	
Niacin	-	7.89			A	1		2.761	7.811	
Pantothenic acid	-	1.56		2	A	1		0.548	1.549	
Vitamin B-6	mg	0.48	0.013	. 3	A	1		0.170	0.479	
Folate, total										
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg	0.15	0.018	3	A	1		0.05	0.15	
Vitamin A, RAE	µg	10		0	AS	1		3	9	
Vitamin A, IU	<u>IU</u>	72		0	AS	1		25	72	
Lycopene	µg	6		1	A	1		2	6	
Lutein + zeaxanthin	µg	72		1	A	1		25	72	
Vitamin E (alpha-tocopherol)	mg	1.28	0.103	3	A	1		0.45	1.26	
Tocopherol, beta	mg	0.17	0.016	3	A	1		0.06	0.17	
Tocopherol, gamma		7.01	0.431	. 3	A	1		2.45	6.94	
Tocopherol, delta		1.12	1.118	3	A	1		0.39	1.11	
Tocotrienol, alpha		0.01	0.013	3	A	1		0.00	0.01	
Tocotrienol, beta		0.08	0.078	3	A	1		0.03	0.08	
Tocotrienol, gamma										
Tocotrienol, delta		0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		25.1	2.924	<u>.</u> 3	A	1		8.8	24.9	
Dihydrophylloquinone		0.2	0.167		A	1		0.1	0.2	
Menaquinone-4		8.2	1.689		A	1		2.9	8.1	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.852 0 NC 0.998 2.823 4:0.....g 0.000 0.000 3 Α 1 0.000 0.000 6:0.....g 0.000 0.000 A 0.000 0.000 0.001 3 0.007 8:0.....g 0.007 Α 1 0.002 10:0.....g 0.005 0.000 3 Α 1 0.002 0.005 0.001 3 0.002 12:0.....g Α 1 0.001 0.002 13:0.....g 0.020 0.001 0.007 0.019 14:0.....g 3 Α 1 0.005 0.000 3 1 Α 0.002 0.005 1.783 0.041 3 1.765 0.624 16:0.....g Α 1 17:0.....g 0.018 0.001 3 1 0.006 0.017 0.892 0.017 3 0.312 0.883 Α 1 18:0.....g 0.050 0.001 3 A 1 0.018 0.050 0.050 0.000 3 Α 1 0.018 0.050 22:0.....g 0.019 0.001 3 0.007 0.019 24:0.....g Α 1 NC 3.568 0 4 1,249 3.532 14:1.....g 0.002 0.001 3 Α 1 0.001 0.002 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.059 0.008 3 AS 1 0.021 0.058 0.059 0.008 3 А 1 0.021 0.058 16:1 c......g 0.000 0.000 3 А 1 0.000 0.000 16:1 t.....g 0.009 0.001 3 0.003 0.009 17:1......g Α 1 18:1 undifferentiated......g 3.402 0.070 3 AS 1 1.191 3.368 3.366 0.070 3 1 1.178 3.332 18:1 c.....g Α 0.037 0.004 3 Α 1 0.013 0.036 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.096 0.003 3 Α 1 0.034 0.095 20:1.....g 0.000 0.000 3 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 7.894 NC 4 2.763 7.815 0.011 3 18:2 undifferentiated......g 6.880 AS 1 2.408 6.811 6.790 0.007 A 1 2.377 6.722 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.010 1 0.003 0.010 18:2 t,t.....g 18:2 i.....g 0.080 0.008 3 1 0.028 0.079 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.010 3 0.917 0.321 0.907 1 AS 18:3 n-3 c,c,c (ALA)......g 0.859 0.014 3 A 1 0.301 0.850 0.058 0.004 3 0.020 0.057 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 0.000 18:4.....g 0.010 0.001 3 Α 0.004 0.010 20:2 n-6 c,c.....g 1 0.009 0.001 3 20:3 undifferentiated.....g AS 1 0.003 0.009 0.000 0.000 3 A 1 0.000 0.000 20:3 n-3.....g 0.001 0.009 3 Α 1 0.003 0.009 20:3 n-6.....g 0.051 0.002 3 1 20:4 undifferentiated......g Α 0.018 0.050 20:4 n-6.....g 0.000 0.000 3 А 1 0.000 0.000 20:5 n-3 (EPA)......g 21:5......g 0.019 0.001 3 22:4.....g Α 1 0.007 0.019 22:5 n-3 (DPA).....g 0.005 0.001 3 0.002 0.005 Α 1 0.001 22:6 n-3 (DHA)......g 0.004 3 Α 1 0.001 0.004 0.116 0 NC 4 0.041 0.115 Fatty acids, total trans-monoenoic......g 0.037 0 NC 4 0.013 0.036 0.080 NC 0.028 0.079 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 51 0.850 3 Α 1 18 51 Phytosterols.....mg Amino Acids: 0.203 1 0.071 0.201 Tryptophan.....g Α 0.577 0 Α 1 0.202 0.572 Threonine......g

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.952	0	A	1	0.333	0.943	
Leucine	1.520	0	A	1	0.532	1.505	
Lysine	1.348	0	A	1	0.472	1.334	
Methionine	0.486	0	A	1	0.170	0.481	
Cystineg	0.233	0	A	1	0.082	0.231	
Phenylalanineg	0.760	0	A	1	0.266	0.752	
Tyrosineg	0.507	0	A	1	0.177	0.502	
Valineg	1.054	0	A	1	0.369	1.043	
Arginineg	1.135	0	A	1	0.397	1.123	
Histidineg	0.679	0	A	1	0.238	0.672	
Alanineg	1.043	0	A	1	0.365	1.033	
Aspartic acidg	1.651	0	A	1	0.578	1.635	
Glutamic acidg	3.343	0	A	1	1.170	3.310	
Glycineg	0.790	0	A	1	0.277	0.782	
Prolineg	1.175	0	A	1	0.411	1.163	
Serineg	0.577	0	A	1	0.202	0.572	
Hydroxyprolineg	0.030	1	A	1	0.010	0.030	

Common Measures:

Measure 1 = 35g: 1 piece

Measure 2 = 99g: 1 serving (3 pieces)

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36019 APPLEBEE'S, chili

Applebee's applebees, family style

Proximates:			<u>Am ou</u>	unt in 100 gra		of edi	ble portion		Amount in edible portion of common		
Nutrients and Units				Num	nber				<u>m</u>	easures of for	<u> </u>
Water				of E	Data	Deriv	Source Con	fidence			
Water.	Nutrients and Uni	its	Mean St	td. Error Poi	ints	Code	Code C	ode	Measure 1	Measure 2	Measure 3
Water.											
Theregy		_			_		_		0.5.00		
Energy				1.447							
Pooten											
Total lipid (fast) 9 9.79 0.925 6 A 1 13.32 17.83 Ash. 9 1.76 0.057 6 A 1 1 2.40 3.21 Carbolydaxe, by difference. 9 1.76 0.057 6 A 1 1 1.9.26 Ether, total discharge. 9 1.4 0.101 3 A 1 1.9.9 2.5 Ether, total discharge. 9 1.4 0.101 3 A 1 1.9.9 2.5 Sugars, total 9 0.22 0.032 3 A 1 0.029 0.39 Glincox (deturne). 9 0.22 0.032 3 A 1 1.146 1.73 Glincox (deturne). 9 0.09 0.000 3 A 1 1.146 1.73 Glincox (deturne). 9 0.000 0.000 3 A 1 1.000 0.00 Maltorse. 9 0.000 0.000 3 A 1 1.000 0.00 Glincox (edurne). 9 0.000 0.000 3 A 1 1.000 0.00 Glincox 9 0.000 0.000 3 A 1 1.000 0.00 Glincox 9 0.000 0.000 3 A 1 1.000 0.00 Glincox 9 0.000 0.000 3 A 1 1.000 0.00 Statch. 9 0.000 0.000 3 A 1 1.000 0.00 Statch. 9 0.03 0.033 3 A 1 1.000 0.00 Statch. 9 0.03 0.033 3 A 1 1.000 0.00 Statch. 9 0.03 0.033 3 A 1 1.000 0.00 Minerals: Calcium Ca. mg 144 4.20 6 A 1 1.055 0.79 Minerals: Calcium Ca. mg 146 0.132 6 A 1 1.99 2.66 Iron, Fi. mg 18 0.690 6 A 1 1.25 33 Phosphony, P. mg 19 104 6.203 6 A 1 1.122 130 Phosphony, P. mg 104 6.203 6 A 1 1.122 130 Phosphony, P. mg 104 6.203 6 A 1 1.125 0.52 Sodium, Na mg 330 6.808 6 A 1 1.425 158 Sodium, Na mg 0.311 16.182 6 A 1 1.33, 0.3 4.06 Copper, Cu. mg 0.006 0.004 6 A 1 0.131 0.135 0.153 Sodium, Na mg 0.016 0.004 6 A 1 0.131 0.135 0.153 Sodium, Na mg 0.016 0.004 6 A 1 0.131 0.135 0.153 Sodium, Na mg 0.037 0.033 3 A 1 0.015 0.153 Sodium, Na mg 0.036 0.004 6 A 1 0.131 0.155 0.153 Sodium, Na mg 0.037 0.033 3 A 1 0.026 0 A 1 0.136 0.156 Witamins C. mg 0.037 0.033 3 A 1 0.026 0 A 1 0.136 0.156 Witamins Mg 0.037 0.033 3 A 1 0.026 0 A 1 0.136 0.156 Witamins Mg 0.037 0.033 3 A 1 0.026 0 A 1 0.036 0.067 Witamin B, Calcium Mg 0.037 0.033 3 A 1 0.026 0 A 1 0.036 0.067 Witamin B, Calcium Mg 0.037 0.033 3 A 1 0.026 0 A 1 0.036 0.067 Witamin B, Calcium Mg 0.037 0.033 3 A 1 0.036 0.037 Witamin B, Calcium Mg 0.037 0.033 3 A 1 0.036 0.037 Witamin B, Calcium Mg 0.037 0.037 3 A 1 0.036 0.037 Witamin D, Globella Mg 0.000 0.000 3 A 1 1 0.000 0.000 Witamin D, Ustamin D, Globella Mg 0.000 0.000 3 A 1 1 0.000 0.000 Witamin D, Ustam											
Ash											
Carbolydrae, by difference	1 ' '	_									
Fiber, total dictary				0.057							
Sugars, total											
Sucrose	•										
Solution (deutrose)	<u> </u>					A				4.13	
Fructose	Sucrose	g		0.032	3	A			0.29	0.39	
Lactose			1.07	0.049	3	A			1.46	1.95	
Lactose	Fructose	<u>g</u>	0.98	0.085		A			1.33	1.78	
Manusco.			0.00	0.000	3	A	1		0.00	0.00	
Minerals:	Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Nincrals:			0.00	0.000	3	A	1		0.00	0.00	
Calcium, Ca.			0.43	0.033	3	A	1		0.59	0.79	
Fron, Fe.	Minerals:										
Iron, Fe.	Calcium, Ca	mg	34	4.240	6	A	1		46	62	
Magnesium, Mg. mg 18 0.690 6 A 1 25 33 Phosphorus, P. mg 104 6.203 6 A 1 142 190 Phosphorus, R. mg 320 6.808 6 A 1 435 582 Sodium, Na. mg 381 16.182 6 A 1 519 694 Zinc, Zn. mg 2.23 0.302 6 A 1 0.115 0.156 Coper, Cu. mg 0.086 0.004 6 A 1 0.115 0.156 Magnaces, Mn. mg 0.086 0.004 6 A 1 0.115 0.156 Sclenium, Se. µg 13.1 0.250 3 A 1 1.16 2.1 Vitamins. mg 0.037 0.003 3 A 1 0.025 0.067 Vitaminin. mg 0.027 0.013 <t< td=""><td></td><td></td><td>1.46</td><td>0.132</td><td>6</td><td>A</td><td>1</td><td></td><td>1.99</td><td>2.66</td><td></td></t<>			1.46	0.132	6	A	1		1.99	2.66	
Potassiun, К. mg 320 6,808 6 A 1 435 582 Sodium, Na. mg 381 16,182 6 A 1 519 694 Zine, Zn. mg 2,23 0,302 6 A 1 0,116 0,156 Coper, Cu. mg 0,084 0,004 6 A 1 0,115 0,153 Manganese, Mm. mg 0,084 0,004 6 A 1 0,115 0,153 Selenium, Se. µg 13,1 1 0,04 6 A 1 0,115 0,153 Selenium, Se. µg 13,1 0,250 3 A 1 1,16 2,1 Vitamins. mg 0,037 0,003 3 A 1 0,050 0,067 Riboflavin. mg 0,045 2 A 1 0,437 6,473 Pantobenci acid. mg 0,321 0,031			18	0.690	6	A	1		25	33	
Sodium, Na.	0 . 0		104	6.203	6	A	1		142	190	
Zinc, Zin.	Potassium, K	mg	320	6.808	6	A	1		435	582	
Copper, Cu. mg 0.086 0.044 6 A 1 0.116 0.156 Manganese, Mn. mg 0.084 0.04 6 A 1 0.115 0.153 Sclenium, See. µg 13.1 1 A 1 17.8 23.8 Vitamin C, total ascorbic acid. mg 1.1 0.250 3 A 1 1.6 2.1 Thiamin. mg 0.037 0.003 3 A 1 0.050 0.067 Riboflavin. mg 0.207 0.013 3 A 1 0.051 0.037 Niacin. mg 0.405 2 A 1 0.281 0.376 Niacin. mg 0.405 2 A 1 0.437 0.585 Plantcheine acid. mg 0.405 2 A 1 0.437 0.585 Plattotheine acid. mg 0.321 0.031 3 A <td>Sodium, Na</td> <td>mg</td> <td>381</td> <td>16.182</td> <td>6</td> <td>A</td> <td>1</td> <td></td> <td>519</td> <td>694</td> <td></td>	Sodium, Na	mg	381	16.182	6	A	1		519	694	
Manganese, Mn. mg 0.084 0.094 6 A 1 0.115 0.153 Selenium, Se. µg 13.1 1 A 1 0.115 0.153 Vitamins. Vitamin, Otal ascorbic acid. mg 1.1 0.250 3 A 1 1.6 2.1 Thiamin mg 0.037 0.003 3 A 1 0.050 0.067 Riboflavin. mg 0.207 0.013 3 A 1 0.281 0.376 Niacin. mg 0.405 2 A 1 0.551 0.376 Niacin. mg 0.405 2 A 1 0.437 0.585 Folate, total. µg 1 0.031 3 A 1 0.437 0.585 Folate, total. µg 1.26 0.155 3 A 1 1.71 2.29 Vitamin B-12 µg 1.26	Zinc, Zn	mg	2.23	0.302	6	A	1		3.03	4.06	
Vitamin C, total ascorbic acid.	Copper, Cu	mg	0.086	0.004	6	A	1		0.116	0.156	
Vitamin S:	Manganese, Mn	mg	0.084	0.004	6	A	1		0.115	0.153	
Vitamin C, total ascorbic acid	Selenium, Se	µg	13.1		1	A	1		17.8	23.8	
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	1.1	0.250	3	A	1		1.6	2.1	
Niacin	Thiamin	mg	0.037	0.003	3	A	1		0.050	0.067	
Pantothenic acid mg	Riboflavin	mg	0.207	0.013	3	A	1		0.281	0.376	
Vitamin B-6	Niacin	mg	3.557	0.325	3	A	1		4.837	6.473	
Folate, total	Pantothenic acid	mg	0.405		2	A	1		0.551	0.737	
Folate, DFE Fola	Vitamin B-6	mg	0.321	0.031	3	A	1		0.437	0.585	
Choline, total	Folate, total	µg									
Betaine	Folate, DFE	µg									
Vitamin B-12											
Vitamin A, RAE	Betaine	mg									
Vitamin A, IU. IU 1436 0 AS 1 1953 2614 Lycopene. µg 4639 1 A 1 6309 8443 Lutein + zeaxanthin. µg 367 1 A 1 499 667 Vitamin E (alpha-tocopherol). mg 1.15 0.179 3 A 1 1.56 2.09 Tocopherol, beta. mg 0.07 0.053 3 A 1 0.10 0.13 Tocopherol, gamma. mg 0.08 0.076 3 A 1 0.10 0.13 Tocopherol, delta. mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, alpha. mg 0.02 0.024 3 A 1 0.03 0.04 Tocotrienol, beta. mg 0.10 0.095 3 A 1 0.03 0.01 Tocotrienol, gamma. mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, delta. mg	Vitamin B-12	µg	1.26	0.155	3	A	1		1.71	2.29	
Lycopene. µg 4639 1 A 1 499 667 Lutein + zeaxanthin. µg 367 1 A 1 499 667 Vitamin E (alpha-tocopherol) mg 1.15 0.179 3 A 1 1.56 2.09 Tocopherol, beta. mg 0.07 0.053 3 A 1 0.10 0.13 Tocopherol, gamma. mg 0.08 0.076 3 A 1 0.10 0.14 Tocopherol, delta. mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, alpha. mg 0.02 0.024 3 A 1 0.03 0.04 Tocotrienol, beta. mg 0.10 0.095 3 A 1 0.13 0.17 Tocotrienol, gamma. mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, delta. mg 0.00 0.000 3 A 1 0.00 0.00 Vitamin D.	Vitamin A, RAE	µg	149		0	AS	1		203	271	
Lutein + zeaxanthin µg 367 1 A 1 499 667 Vitamin E (alpha-tocopherol) mg 1.15 0.179 3 A 1 1.56 2.09 Tocopherol, beta mg 0.07 0.053 3 A 1 0.10 0.13 Tocopherol, gamma mg 0.08 0.076 3 A 1 0.10 0.14 Tocopherol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, alpha mg 0.02 0.024 3 A 1 0.03 0.04 Tocotrienol, beta mg 0.10 0.095 3 A 1 0.13 0.17 Tocotrienol, gamma mg 0.00 0.000 3 A 1 0.03 0.17 Tocotrienol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Vitamin D2 (ergocalciferol) µg Vitamin D Vitamin D (pg Vitamin D (pg Vitamin D (pg <td>Vitamin A, IU</td> <td>JŲ</td> <td>1436</td> <td></td> <td>0</td> <td>AS</td> <td>1</td> <td></td> <td>1953</td> <td>2614</td> <td></td>	Vitamin A, IU	JŲ	1436		0	AS	1		1953	2614	
Vitamin E (alpha-tocopherol) mg 1.15 0.179 3 A 1 1.56 2.09 Tocopherol, beta mg 0.07 0.053 3 A 1 0.10 0.13 Tocopherol, gamma mg 0.08 0.076 3 A 1 0.10 0.14 Tocopherol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, alpha mg 0.02 0.024 3 A 1 0.03 0.04 Tocotrienol, beta mg 0.10 0.095 3 A 1 0.13 0.17 Tocotrienol, gamma mg 0.00 0.005 3 A 1 0.13 0.17 Tocotrienol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Vitamin D (D2 + D3) µg yg ye	Lycopene	µg	4639		1	A	1		6309	8443	
Tocopherol, beta	Lutein + zeaxanthin	µg	367		1	A	1		499	667	
Tocopherol, gamma mg 0.08 0.076 3 A 1 0.10 0.14 Tocopherol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, alpha mg 0.02 0.024 3 A 1 0.03 0.04 Tocotrienol, beta mg 0.10 0.095 3 A 1 0.13 0.17 Tocotrienol, gamma mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Tocotrienol, delta mg 0.00 0.000 3 A 1 0.00 0.00 Vitamin D (D2 + D3) µg Vitamin D Vitamin D µg Vitamin D N N N N N N N N N N N N N N N N N <	Vitamin E (alpha-tocopherol)	mg	1.15	0.179	3	A	1		1.56	2.09	
Тосорінегоl, delta	Tocopherol, beta	mg	0.07	0.053	3	A	1		0.10	0.13	
Tocotrienol, alpha	Tocopherol, gamma	mg	0.08	0.076	3	A	1		0.10	0.14	
Tocotrienol, alpha			0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta	•		0.02	0.024	3	A	1		0.03	0.04	
Tocotrienol, delta			0.10	0.095	3	A	1		0.13	0.17	
Tocotrienol, delta	Tocotrienol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	=				3	A	1				
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol) µg Vitamin D IU Vitamin K (phylloquinone) µg	, ,										
Vitamin D	, 9										
Vitamin K (phylloquinone)											
Dihydrophylloquinone	• • •										
Menaquinone-4											

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 4.150 0 NC 5.644 7.553 4:0.....g 0.000 0.000 3 Α 1 0.000 0.000 6:0.....g 0.000 0.000 Α 0.000 0.000 0.000 0.000 3 0.000 0.000 8:0.....g Α 1 10:0.....g 0.011 0.002 3 Α 1 0.015 0.020 0.001 3 0.012 12:0.....g Α 1 0.016 0.021 13:0.....g 0.057 0.308 3 0.419 0.560 14:0.....g Α 1 0.048 0.010 3 1 0.088 Α 0.066 2.330 0.349 4.240 3 3.169 16:0.....g Α 1 17:0.....g 0.112 0.024 3 1 0.152 0.204 1.309 0.188 3 1 1.780 2.382 Α 18:0.....g 0.012 0.001 3 А 1 0.016 0.021 0.006 0.001 3 Α 1 0.008 0.011 22:0.....g 0.004 0.000 3 0.005 0.007 24:0.....g А 1 NC 4.809 0 4 6.541 8.753 14:1.....g 0.098 0.015 3 Α 1 0.133 0.178 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.382 0.060 3 AS 1 0.520 0.696 0.345 0.055 Α 1 0.470 0.628 16:1 c......g 0.037 0.006 3 А 1 0.050 0.067 16:1 t.....g 0.083 0.018 3 1 0.113 0.151 17:1......g Α 18:1 undifferentiated......g 4.212 0.676 3 AS 1 5.728 7.665 0.529 5.087 6.807 3.740 3 Α 1 18:1 c.....g 0.471 0.161 3 Α 1 0.641 0.858 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.004 3 0.034 Α 1 0.047 0.063 20:1.....g 0.000 0.000 3 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 0.000 3 Α 1 0.000 0.000 Fatty acids, total polyunsaturated.....g 0.644 NC 4 0.876 1.173 0.053 18:2 undifferentiated......g 0.542 3 AS 1 0.738 0.987 0.410 0.036 3 A 1 0.558 0.746 18:2 n-6 c.c....g 0.013 3 18:2 CLAs......g 0.066 1 0.089 0.119 18:2 t,t.....g 18:2 i.....g 0.067 0.007 3 1 0.091 0.121 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.006 0.038 3 0.052 0.069 1 AS 18:3 n-3 c,c,c (ALA)......g 0.036 0.005 3 A 1 0.049 0.065 0.001 0.001 3 0.001 0.002 18:3 n-6 c,c,c.....g Α 1 0.001 0.001 3 0.002 0.002 18:3i.....g 1 0.001 0.001 3 А 1 0.001 0.001 18:4.....g 0.005 0.001 3 Α 1 0.006 0.008 20:2 n-6 c,c.....g 0.016 0.002 3 0.022 0.029 20:3 undifferentiated.....g AS 1 0.000 0.000 3 А 1 0.000 0.000 20:3 n-3.....g 0.002 0.016 3 Α 1 0.022 0.029 20:3 n-6.....g 0.028 0.003 3 1 0.039 0.052 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.002 0.000 3 А 1 0.003 0.004 21:5......g 0.005 0.003 3 22:4.....g Α 1 0.007 0.009 22:5 n-3 (DPA).....g 0.007 0.002 3 0.010 0.013 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.576 0 NC 4 0.783 1.048 Fatty acids, total trans-monoenoic......g 0.508 0 NC 4 0.691 0.925 0.068 NC 0.092 0.123 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 45 4.176 3 Α 1 61 82 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.144 1 0.196 0.262 Α

0.402

Threonine......g

0

Α

1

0.546

0.731

	Amount in 10	00 grams Number		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.556	0	A	1		0.756	1.012	
Leucineg	0.927	0	A	1		1.260	1.687	
Lysineg	0.844	0	A	1		1.148	1.537	
Methionineg	0.278	0	A	1		0.378	0.506	
Cystineg	0.123	0	A	1		0.168	0.225	
Phenylalanineg	0.474	0	A	1		0.644	0.862	
Tyrosineg	0.340	0	A	1		0.462	0.619	
Valineg	0.639	0	A	1		0.868	1.162	
Arginineg	0.772	0	A	1		1.050	1.406	
Histidineg	0.371	0	A	1		0.504	0.675	
Alanineg	0.793	0	A	1		1.078	1.443	
Aspartic acidg	1.195	0	A	1		1.625	2.174	
Glutamic acidg	2.070	0	A	1		2.815	3.767	
Glycineg	0.834	0	A	1		1.135	1.518	
Proline	0.855	0	A	1		1.162	1.556	
Serine	0.371	0	A	1		0.504	0.675	
Hydroxyprolineg	0.240	1	A	1		0.326	0.437	

Common Measures:

Measure 1 = 136g: 1 cup Measure 2 = 182g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36021 APPLEBEE'S, coles law

Applebee's applebees, family style

		<u>Am our</u>	nt in 100 gr			ble portic	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean Std	Num of I I.Error Po	Data	Deriv		Confidence Code		Measure 2	Measure 3
Proximates:	~	E0 15	1 504	_	_			50.20		
Water Energy		78.15 120	1.584	6 0	A NC	1 4		59.39 91		
Energy		501		0	NC	4		381		
Protein		0.79	0.092	6	A	1		0.60		
Total lipid (fat)		7.09	0.417	6	A	1		5.39		
Ash		0.79	0.044	6	A	1		0.60		
Carbohydrate, by difference		13.17	0.011	0	NC	4		10.01		
Fiber, total dietary		2.8	0.294	3	A	1		2.1		
Sugars, total		9.33	*****	2	A	1		7.09		
Sucrose		4.56		2	A	1		3.46		
Glucose (dextrose)		2.53	0.220	3	A	1		1.92		
FructoseFructose		2.24	0.235	3	A	1		1.70		
LactoseLactose		0.00	0.000	3	A	1		0.00		
Maltose	g	0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch										
Minamalan	_									
Minerals:	ma	36	1 040	_				28		
Calcium, Ca Iron, Fe	_	0.26	1.049 0.020	6 6	A A	1 1		0.20		
Magnesium, Mg		10	0.020	6	A	1		8		
Phosphorus, P		23	0.706	6	A	1		18		
Potassium, K		156	5.258	6	A	1		119		
Sodium, Na		178	18.859	6	A	1		135		
Zinc, Zn	_	0.19	0.011	6	A	1		0.15		
Copper, Cu		0.017	0.002	6	A	1		0.013		
Manganese, Mn		0.148	0.016	6	A	1		0.113		
Selenium, Se	µg	0.4		1	A	1		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.7	1.305	3	A	1		10.4		
Thiamin	mg	0.030	0.000	3	A	1		0.023		
Riboflavin	mg	0.063	0.003	3	A	1		0.048		
Niacin	mg	0.300	0.006	3	A	1		0.228		
Pantothenic acid	•	0.205		2	A	1		0.156		
Vitamin B-6		0.129	0.019	3	A	1		0.098		
Folate, total										
Folate, DFE										
Choline, total										
BetaineVitamin B-12										
Vitamin A, RAE		77		0	AS	1		58		
Vitamin A, IU	1. 7	1504		0	AS	1		1143		
Lycopene		5		1	A	1		4		
Lutein + zeaxanthin		53		1	A	1		41		
Vitamin E (alpha-tocopherol)		0.50	0.025	3	A	1		0.38		
Tocopherol, beta		0.07	0.015	3	A	1		0.06		
Tocopherol, gamma	mg	4.03	0.763	3	A	1		3.06		
Tocopherol, delta	mg	1.37	0.304	3	A	1		1.04		
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00		
Tocotrienol, beta		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.00	0.003	3	A	1		0.00		
Tocotrienol, delta	_	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D Vitamin K (phylloquinone)		65.1	3.041	3	A	1		49.5		
Dihydrophylloquinone		0.0	0.000	3	A	1		0.0		
Menaquinone-4		0.0	0.000	3	A	1		0.0		

Amount in 100 grams of edible portion Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	1.0	61	0	NC	4		0.806		
4:0g	0.0	00	2	A	1		0.000		
6:0g	0.0		2	A	1		0.000		
8:0g	0.0		2	A	1		0.000		
10:0g	0.0		2	A	1		0.004		
12:0g	0.0	04	2	A	1		0.003		
13:0g									
14:0g	0.0		2	A	1		0.008		
15:0g	0.0		2	A	1		0.002		
16:0g	0.6		2	A	1		0.524		
17:0g	0.0		2	A	1		0.005		
18:0g	0.2		2	A	1		0.217		
20:0g	0.0		2	A	1		0.018		
22:0g	0.0		2	A	1		0.019		
24:0g	0.0		2	A	1		0.007		
Fatty acids, total monounsaturatedg	1.4		0	NC	4		1.067		
14:1g	0.0		2	A	1		0.000		
15:1g	0.0		2	A	1		0.000		
16:1 undifferentiatedg	0.0		0	AS	1		0.007		
16:1 cg	0.0	09	2	A	1		0.007		
16:1 tg	0.0	00	2	A	1		0.000		
17:1g	0.0	04	2	A	1		0.003		
18:1 undifferentiatedg	1.3	40	0	AS	1		1.019		
18:1 cg	1.3	35	2	A	1		1.015		
18:1 tg	0.0	05	2	A	1		0.004		
18:1-11 t (18:1t n-7)g									
20:1g	0.0	42	2	A	1		0.032		
22:1 undifferentiated	0.0	09	0	AS	1		0.007		
22:1 cg	0.0	09	2	A	1		0.007		
22:1 tg	0.0	00	2	A	1		0.000		
24:1 cg	0.0	00	2	A	1		0.000		
Fatty acids, total polyunsaturatedg	3.8	19	0	NC	4		2.902		
18:2 undifferentiatedg	3.3	27	0	AS	1		2.529		
18:2 n-6 c,cg	3.2	91	2	A	1		2.502		
18:2 CLAsg	0.0	04	2	A	1		0.003		
18:2 t,tg									
18:2 ig									
18:2 t not further definedg	0.0	32	2	A	1		0.024		
18:3 undifferentiatedg	0.4	84	0	AS	1		0.367		
18:3 n-3 c,c,c (ALA)g	0.4	58	2	A	1		0.348		
18:3 n-6 c,c,cg	0.0	26	2	A	1		0.019		
18:3ig	0.0	00	2	A	1		0.000		
18:4g	0.0	00	2	A	1		0.000		
20:2 n-6 c,cg	0.0	04	2	A	1		0.003		
20:3 undifferentiated	0.0	00	0	AS	1		0.000		
20:3 n-3g	0.0	00	2	A	1		0.000		
20:3 n-6g	0.0	00	2	A	1		0.000		
20:4 undifferentiatedg	0.0	04	2	A	1		0.003		
20:4 n-6g									
20:5 n-3 (EPA)g	0.0	00	2	A	1		0.000		
21:5g									
22:4g	0.0	00	2	A	1		0.000		
22:5 n-3 (DPA)g	0.0	00	2	A	1		0.000		
22:6 n-3 (DHA)g	0.0	00	2	A	1		0.000		
Fatty acids, total transg	0.0	37	0	NC	4		0.028		
Fatty acids, total trans-monoenoicg	0.0	05	0	NC	4		0.004		
Fatty acids, total trans-polyenoicg	0.0	32	0	NC	4		0.024		
Cholesterolmg	2	0.	662 3	A	1		2		
Phytosterolsmg									
·									
Amino Acids:			_	_	_				
Tryptophang	0.0		0	A	1		0.005		
Threonineg	0.0	17	0	A	1		0.013		

	Amount in 10	0 grams Number			Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Error			Source Confide Code Cod		Measure 2	Measure 3
Isoleucineg	0.025	0	A	1	0.019		
LeucineQ	0.034	0	A	1	0.026		
Lysineg	0.017	0	A	1	0.013		
Methionineg	0.008	0	A	1	0.006		
Cystineg	0.008	0	A	1	0.006		
Phenylalanineg	0.017	0	A	1	0.013		
Tyrosineg	0.008	0	A	1	0.006		
Valineg	0.034	0	A	1	0.026		
Arginineg	0.059	0	A	1	0.045		
Histidineg	0.008	0	A	1	0.006		
Alanineg	0.034	0	A	1	0.026		
Aspartic acidg	0.068	0	A	1	0.051		
Glutamic acidg	0.127	0	A	1	0.097		
Glycineg	0.017	0	A	1	0.013		
Prolineg	0.006	0	A	1	0.005		
Serineg	0.017	0	A	1	0.013		
Hydroxyprolineg	0.000	1	A	1	0.000		

Common Measures:

Measure 1 = 76g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36022 APPLEBEE'S, crunchy onion rings

Applebee's applebees, family style

		<u>Am ou</u>	ınt in 100 gr			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
				ber				<u> </u>	easures or roo	<u>5u</u>
							Confidence			
Nutrients and Unit	ts	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Provimeter										
Proximates: Water	a	33.09	0.739	6	A	1		115.81		
Energy		356		0	NC	4		1244		
Energy		1487		0	NC	4		5205		
Protein		4.58	0.100	6	A	1		16.04		
Total lipid (fat)	-	19.61	0.382	6	А	1		68.63		
Ash		2.55	0.034	6	A	1		8.91		
Carbohydrate, by difference	-	40.17		0	NC	4		140.60		
Fiber, total dietary		3.1	0.351	3	A	1		10.7		
Sugars, total		4.48	0.178	3	A	1		15.67		
•		1.07	0.022	3	A	1		3.73		
Sucrose		1.17	0.047	3	A	1		4.11		
Glucose (dextrose)		1.05	0.047	3	A	1		3.66		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose	9	1.19	0.000	3	A A	1		0.00 4.16		
Maltose						1				
Galactose		0.00	0.000	3	A	1		0.00		
Starch	9	32.53	0.821	3	A	1		113.87		
Minerals:										
Calcium, Ca	mg	22	0.538	6	A	1		78		
Iron, Fe		0.67	0.015	6	A	1		2.35		
Magnesium, Mg		17	0.604	6	A	1		59		
Phosphorus, P		90	2.630	6	A	1		314		
Potassium, K		135	6.660	6	A	1		472		
Sodium, Na		833	13.529	6	A	1		2917		
Zinc, Zn		0.43	0.010	6	A	1		1.52		
Copper, Cu		0.087	0.002	6	A	1		0.306		
Manganese, Mn		0.486	0.016	6	A	1		1.700		
Selenium, Se		6.0	0.153	3	A	1		21.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.107	0.003	3	A	1		0.373		
Riboflavin	_	0.091	0.003	3	A	1		0.317		
Niacin	-	0.730	0.005	3	A	1		2.555		
Pantothenic acid	-	0.405	0.000	2	A	1		1.417		
Vitamin B-6		0.077	0.002	3	A	1		0.271		
	•	0.077	0.002	3	A	1		0.2/1		
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		0		1	AS	1		1		
Vitamin A, IU		4		1	AS	1		15		
		0		1	A	1		0		
Lycopene		13		1	A	1		46		
Lutein + zeaxanthin		1.27	0.070	3	A	1		4.46		
Vitamin E (alpha-tocopherol)								0.73		
Tocopherol, beta		0.21 8.83	0.019 0.403	3 3	A A	1 1		30.91		
Tocopherol, gamma						1		13.76		
Tocopherol, delta		3.93 0.04	0.211 0.001	3	A A	1		0.16		
Tocotrienol, alpha		0.04				1		0.18		
Tocotrienol, beta		0.08	0.010 0.018	3 3	A A	1		0.28		
Tocotrienol, gamma										
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone) Dihydrophylloquinone		41.1 0.0	3.510 0.000	3	A A	1 1		144.0 0.0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.574 0 NC 12.510 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.001 3 0.009 0.030 8:0.....g Α 1 10:0.....g 0.005 0.000 3 Α 1 0.017 0.000 3 0.003 12:0.....g Α 1 0.012 13:0.....g 0.002 3 0.022 0.077 14:0.....g Α 1 0.005 0.001 3 1 Α 0.019 2.237 0.110 3 7.829 16:0.....g Α 1 17:0.....g 0.021 0.001 3 1 0.073 1.123 0.067 3 Α 1 3.930 18:0.....g 0.063 0.003 3 А 1 0.222 0.062 0.002 3 Α 1 0.216 22:0.....g 0.024 0.000 3 А 0.085 24:0.....g 1 NC 4.408 0 4 15,428 14:1.....g 0.000 0.000 3 А 1 0.001 0.000 0.000 3 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.037 0.005 3 AS 1 0.130 0.037 0.005 Α 1 16:1 c......g 0.130 0.000 0.000 3 А 1 0.000 16:1 t.....g 0.012 0.000 3 1 0.041 17:1.....g Α 18:1 undifferentiated......g 4.301 0.192 3 AS 1 15.052 4.264 0.199 14.925 3 Α 1 18:1 c.....g 0.036 0.007 3 Α 1 0.127 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.002 3 0.057 Α 1 0.201 20:1.....g 0.001 0.001 AS 1 0.004 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.001 Α 1 0.004 0.000 3 0.000 1 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 10.255 NC 35.892 0.371 3 18:2 undifferentiated......g 8.983 AS 1 31.440 8.854 0.377 3 A 1 30.990 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.026 1 0.091 18:2 t,t.....g 18:2 i.....g 0.103 0.009 3 1 0.359 18:2 t not further defined......g 18:3 undifferentiated......g 0.078 1.252 3 4.382 1 AS 18:3 n-3 c,c,c (ALA)......g 1.178 0.083 3 A 1 4.124 0.074 0.007 3 18:3 n-6 c,c,c.....g 0.257 Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.008 0.001 3 Α 1 0.029 20:2 n-6 c,c.....g 0.001 0.001 3 20:3 undifferentiated.....g AS 1 0.005 0.001 0.001 3 A 1 0.005 20:3 n-3.....g 0.000 0.000 3 Α 1 0.000 20:3 n-6.....g 0.008 0.001 3 1 20:4 undifferentiated......g Α 0.028 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 3 А 1 0.000 21:5......g 0.003 0.001 3 22:4.....g Α 1 0.009 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.139 0 NC 4 0.486 Fatty acids, total trans-monoenoic......g 0.036 0 NC 4 0.127 0.103 0.359 Fatty acids, total trans-polyenoic.......g Cholesterol....mg Phytosterols.....mg Amino Acids:

Α

Α

0

1

0.146

0.293

0.042

0.084

Tryptophan.....g

	Amount in 1	00 grams Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source Code	onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.157	0	A	1		0.550		
Leucineg	0.137	0	A	1		1.027		
Lysineg	0.063	0	A	1		0.220		
Methionine9	0.063	0	A	1		0.220		
Cystineg	0.115	0	A	1		0.403		
Phenylalanineg	0.113	0	A	1		0.696		
•	0.094	0	A	1		0.330		
Tyrosineg Valineg	0.189	0	A	1		0.660		
-	0.210	0	A	1		0.733		
Arginineg Histidineg	0.210	0	A	1		0.733		
-	0.034	0	A	1		0.476		
Alanineg		0		1				
Aspartic acidg	0.220	·	A	1		0.770		
Glutamic acidg	1.351	0	A			4.730		
Glycineg	0.157	0	A	1		0.550		
Prolineg	0.576	0	A	1		2.017		
Serineg	0.136	0	A	1		0.476		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 350g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36018 APPLEBEE'S, fish, hand battered

Applebee's applebees, family style

Re	fu	c	Δ	•	N	ᄵ
	·u	3	·	•	v	70

		<u>Am ou</u>	nt in 100 gr			ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean St	Num of I d.Error Po	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Duovimotos										
Proximates: Water	a	58.82	0.285	6	A	1		147.04		
Energy	_	202		0	NC	4		504		
Energy		844		0	NC	4		2110		
Protein		13.23	0.377	6	A	1		33.07		
Total lipid (fat)		9.14	0.243	5	A	1		22.85		
Ash		2.17	0.081	6	A	1		5.42		
Carbohydrate, by difference		16.65		0	NC	4		41.62		
Fiber, total dietary		0.9	0.204	3	A	1		2.3		
Sugars, total		0.51	0.029	3	A	1		1.27		
=		0.00	0.000	3	A	1		0.00		
Sucrose		0.51	0.029	3	A	1		1.27		
Glucose (dextrose)		0.00	0.029	3	A	1		0.00		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		15.80	0.100	3	A	1		39.50		
Starch	9	15.60	0.100	3	А	_		39.50		
Minerals:										
Calcium, Ca	mg	13	0.697	6	A	1		34		
Iron, Fe	-	0.35	0.005	6	A	1		0.88		
Magnesium, Mg		20	0.432	6	A	1		51		
Phosphorus, P		234	3.658	6	A	1		584		
Potassium, K		241	7.787	6	A	1		602		
Sodium, Na	mg	607	30.628	6	A	1		1517		
Zinc, Zn	mg	0.34	0.007	6	A	1		0.86		
Copper, Cu	mg	0.039	0.001	6	A	1		0.098		
Manganese, Mn	mg	0.097	0.004	6	A	1		0.242		
Selenium, Se	µg	17.8	0.503	3	A	1		44.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.053	0.003	3	A	1		0.133		
Riboflavin		0.093	0.002	3	A	1		0.232		
Niacin	-	2.290	0.107	3	A	1		5.725		
Pantothenic acid	-	0.400		2	A	1		1.000		
Vitamin B-6	-	0.201	0.007		A	1		0.503		
Folate, total	•									
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	-	1.23	0.067	3	A	1		3.08		
Vitamin A, RAE	µg	3		0	AS	1		8		
Vitamin A, IU		22		0	AS	1		55		
Lycopene	µg	0		1	A	1		0		
Lutein + zeaxanthin	µg	100		1	A	1		250		
Vitamin E (alpha-tocopherol)	mg	0.88	0.024	3	A	1		2.20		
Tocopherol, beta		0.09	0.020	3	A	1		0.22		
Tocopherol, gamma		3.72	1.044	3	A	1		9.31		
Tocopherol, delta		1.52	0.494	3	A	1		3.81		
Tocotrienol, alpha		0.01	0.014	3	A	1		0.03		
Tocotrienol, beta		0.11	0.017	3	A	1		0.27		
Tocotrienol, gamma	mg	0.05	0.038	3	A	1		0.12		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	<u></u> IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Amino Acids:

Tryptophan.....g

Threonine......g

0.144

0.432

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 1.613 0 NC 4.033 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.001 3 0.006 8:0.....g Α 1 0.014 10:0.....g 0.007 0.000 3 Α 1 0.017 0.001 3 0.001 12:0.....g Α 1 0.002 13:0.....g 0.001 3 0.014 14:0.....g Α 1 0.035 0.004 0.001 3 1 Α 0.011 1.023 0.004 3 2,558 16:0.....g Α 1 17:0.....g 0.009 0.001 3 1 0.022 0.011 0.481 3 Α 1 1.202 18:0.....g 0.029 0.001 3 А 1 0.072 0.029 0.002 3 Α 1 0.072 22:0.....g 0.012 0.001 3 А 0.029 24:0.....g 1 NC 2.014 0 4 5.035 14:1.....g 0.000 0.000 3 А 1 0.000 0.000 0.000 3 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.026 0.009 3 AS 1 0.064 0.025 0.008 Α 1 0.061 16:1 c......g 0.001 0.001 3 А 1 0.003 16:1 t.....g 0.006 0.000 3 1 0.015 17:1.....g Α 18:1 undifferentiated......g 1.924 0.022 3 AS 1 4.809 1.902 0.017 3 Α 1 4.754 18:1 c.....g 0.022 0.006 3 Α 1 0.055 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.004 3 20:1.....g 0.057 Α 1 0.142 0.001 0.001 AS 1 0.003 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.001 Α 1 0.003 0.000 0.000 3 1 0.000 22:1 t......g Α 0.001 3 0.001 Α 1 0.002 Fatty acids, total polyunsaturated......g 4.559 NC 11.397 0.087 3 18:2 undifferentiated......g 3.856 AS 1 9.641 3.794 0.081 3 A 1 9.485 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.010 1 0.024 18:2 t,t.....g 18:2 i.....g 0.053 0.007 3 1 0.132 18:2 t not further defined......g 18:3 undifferentiated......g 0.009 0.517 3 1 1.293 AS 18:3 n-3 c,c,c (ALA)......g 0.482 0.005 3 A 1 1.204 0.035 0.003 3 18:3 n-6 c,c,c.....g 0.087 Α 1 0.001 0.001 3 0.003 18:3i.....g 1 0.003 0.002 3 А 1 0.007 18:4.....g 0.006 0.003 3 Α 1 0.015 20:2 n-6 c,c.....g 0.000 0.000 3 20:3 undifferentiated.....g AS 1 0.000 0.000 0.000 3 A 1 0.000 20:3 n-3.....g 0.000 0.000 3 Α 1 0.000 20:3 n-6.....g 0.013 0.002 3 1 20:4 undifferentiated......g Α 0.033 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.050 0.002 3 А 1 0.124 21:5......g 0.001 0.001 3 22:4.....g Α 1 0.003 22:5 n-3 (DPA).....g 0.005 0.001 3 0.012 Α 1 0.006 22:6 n-3 (DHA)......g 0.107 3 Α 1 0.267 0.077 0 NC 4 0.192 Fatty acids, total trans-monoenoic......g 0.023 0 NC 4 0.057 0.054 0.135 Fatty acids, total trans-polyenoic.......g 0.636 Cholesterol....mg 34 3 1 86 Phytosterols.....mg

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0

0.360

1.080

	Amount in 10	0 grams Number		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Error			Source Confide Code Code		Measure 2	Measure 3
Isoleucineg	0.693	0	A	1	1.732		
Leucineg	1.152	0	A	1	2.879		
Lysine9	1.197	0	A	1	2.992		
Methionine	0.414	0	A	1	1.035		
Cystineg	0.162	0	A	1	0.405		
Phenylalanineg	0.540	0	A	1	1.350		
Tyrosineg	0.414	0	A	1	1.035		
Valine	0.765	0	A	1	1.912		
Arginine9	0.846	0	A	1	2.114		
Histidine9	0.333	0	A	1	0.832		
Alanine	0.810	0	A	1	2.024		
Aspartic acidg	1.323	0	A	1	3.307		
Glutamic acid	2.241	0	A	1	5.601		
Glycineg	0.666	0	A	1	1.665		
Proline	0.693	0	A	<u>-</u> 1	1.732		
Serine	0.432	0	A	<u>-</u> 1	1.080		
Hydroxyprolineg	0.007	1	A	1	0.019		

Common Measures:

Measure 1 = 250g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36002 APPLEBEE'S, french fries

Applebee's applebees, family style

			N I	nbei	of edi	Amount in edible portion of common measures of food				
Nutrients and Units		Mean Sto		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	41.29	1.394	6	A	1		67.72		
Energy		290	1.394	0	NC	4		475		
Energy		1213		0	NC	4		1989		
Protein		3.31	0.095	6	A	1		5.43		
Total lipid (fat)		13.17	0.347	6	A	1		21.60		
Ash	-	2.72	0.078	6	A	1		4.46		
Carbohydrate, by difference		39.50		0	NC	4		64.78		
Fiber, total dietary		3.9	0.340	3	A	1		6.4		
Sugars, total		0.00	0.000	3	A	1		0.00		
Sucrose		0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		0.00	0.000	3	A	1		0.00		
Fructose		0.00	0.000	3	A	1		0.00		
LactoseLactose		0.00	0.000	3	A	1		0.00		
Maltose	9 a	0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		35.47	0.433	3	A	1		58.17		
	9									
Minerals:										
Calcium, Ca	-	19	1.035	6	A	1		31		
Iron, Fe	-	1.01	0.053	6	A	1		1.66		
Magnesium, Mg		29	0.868	6	A	1		48		
Phosphorus, P		137	3.225	6	A	1		225		
Potassium, K		538	21.553	6	A	1		882		
Sodium, Na	-	618	16.611	6	A	1		1014		
Zinc, Zn		0.49	0.018	6 6	A A	1 1		0.81		
Copper, Cu		0.109 0.268	0.005 0.009	6	A A	1		0.179 0.440		
Manganese, Mn		0.268	0.009	6	A	1		0.440		
	pg	0.1	0.000	Ü		-		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.7	0.000	3	A	1		1.2		
Thiamin	-	0.103	0.003	3	A	1		0.169		
Riboflavin	-	0.058	0.000	3	A	1		0.096		
Niacin		2.180	0.189	3	A	1		3.575		
Pantothenic acid	•	0.495	0 000	2	A	1 1		0.812		
Vitamin B-6		0.205	0.009	3	A	1		0.336		
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		0		0	AS	1		0		
Vitamin A, IU		0		0	AS	1		0		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.93	0.036	3	A	1		1.53		
Tocopherol, beta		0.11	0.004	3	A	1		0.18		
Tocopherol, gamma		5.53	0.304	3	A	1		9.06		
Tocopherol, delta	mg	2.23	0.103	3	A	1		3.65		
Tocotrienol, alpha	mg	0.07	0.010	3	A	1		0.12		
Tocotrienol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma	mg	0.14	0.025	3	A	1		0.24		
Tocotrienol, delta	mg	0.03	0.016	3	A	1		0.05		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D				_						
Vitamin K (phylloquinone)		33.4	1.877	3	A	1		54.9		
Dihydrophylloquinone	µg	0.1 0.0	0.067 0.000	3	A A	1 1		0.1 0.0		

Phytosterols.....mg

Stigmasterol....mg

Campesterol....mg

Beta-sitosterol.....mg

7

11

27

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.333 0 NC 3.825 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.001 3 0.005 8:0.....g Α 1 0.008 10:0.....g 0.005 0.002 3 Α 1 0.008 0.000 3 0.004 0.007 12:0.....g Α 1 13:0.....g 0.001 0.021 14:0.....g 3 Α 1 0.034 0.004 0.000 3 A 1 0.007 1.507 0.078 3 2.471 16:0.....g Α 1 17:0.....g 0.013 0.001 3 1 0.021 0.676 0.031 3 Α 1 1.108 18:0.....g 0.045 0.001 3 А 1 0.074 0.037 0.001 3 Α 1 0.061 22:0.....g 0.015 0.000 3 Α 0.025 24:0.....g 1 NC 3.310 0 4 5,428 14:1.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.020 0.002 3 AS 1 0.033 0.020 0.002 Α 1 0.033 16:1 c......g 0.000 0.000 3 А 1 0.000 16:1 t.....g 0.007 0.000 3 1 0.011 17:1......g Α 18:1 undifferentiated......g 3.213 0.142 3 AS 1 5.269 3.187 0.150 5.227 3 Α 1 18:1 c.....g 0.026 0.008 3 Α 1 0.042 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.009 3 20:1.....g 0.068 Α 1 0.111 0.001 0.002 3 AS 1 0.003 22:1 undifferentiated......g 0.002 0.001 3 22:1 c.....g Α 1 0.003 0.000 0.000 3 1 0.000 22:1 t......g Α 0.000 0.000 3 Α 1 0.000 Fatty acids, total polyunsaturated......g 5.802 NC 4 9.516 0.102 3 18:2 undifferentiated......g 5.018 AS 1 8.229 4.949 0.106 3 A 1 8.117 18:2 n-6 c.c....g 0.003 3 18:2 CLAs......g 0.011 1 0.018 18:2 t,t.....g 18:2 i.....g 0.057 0.008 3 1 0.094 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.036 3 0.771 1.265 1 AS 18:3 n-3 c,c,c (ALA)......g 0.728 0.039 3 A 1 1.194 0.043 0.005 3 0.071 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.005 0.000 3 Α 1 0.008 20:2 n-6 c,c.....g 0.000 0.000 3 20:3 undifferentiated.....g AS 1 0.000 0.000 0.000 3 A 1 0.000 20:3 n-3.....g 0.000 0.000 3 Α 1 0.000 20:3 n-6.....g 0.006 0.001 3 1 20:4 undifferentiated......g Α 0.009 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.001 0.001 3 А 1 0.002 21:5.....g 0.002 0.002 3 22:4.....g Α 1 0.003 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.083 NC 4 0.136 Fatty acids, total trans-monoenoic......g 0.026 0 NC 4 0.042 0.057 NC 0.094 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 1 1 Α 1 2

1

1

1

11

19

44

1

1

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NDB No. 36002 APPLEBEE'S, french fries

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Code

Std. Error Points Code Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 serving

Calories Factors: Protein Carbohydrate Fat

Food Group: 36 Restaurant Foods

NDB No. 36004 APPLEBEE'S, mozzarella sticks

Applebee's applebees, family style

		<u>Am o</u>	unt in 100 gra			ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean S	Num of D Std. Error Poi	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.65	0.388	6	A	1		13.01	117.49	
Energy	kcal	316		0	NC	4		101	914	
Energy	kJ	1323		0	NC	4		423	3823	
Protein	g	14.87	0.325	6	A	1		4.76	42.98	
Total lipid (fat)	g	18.37	0.516	6	A	1		5.88	53.09	
Ash	g	3.23	0.057	6	A	1		1.03	9.33	
Carbohydrate, by difference	g	22.87		0	NC	4		7.32	66.09	
Fiber, total dietary	g	2.1	0.053	3	A	1		0.7	6.1	
Sugars, total		2.80	0.307	3	A	1		0.90	8.10	
Sucrose		0.11	0.110	3	A	1		0.04	0.32	
Glucose (dextrose)	g	0.79	0.019	3	A	1		0.25	2.29	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose		1.04	0.238	3	A	1		0.33	3.01	
Maltose	g	0.59	0.034	3	A	1		0.19	1.70	
Galactose		0.27	0.023	3	A	1		0.09	0.79	
Starch		18.43	0.145	3	A	1		5.90	53.27	
	0									
Minerals:										
Calcium, Ca	-	319	7.576	6	A	1		102	922	
Iron, Fe		0.43	0.011	6	A	1		0.14	1.23	
Magnesium, Mg		20	0.423	6	A	1		6	58	
Phosphorus, P		307	8.261	6	A	1		98	886	
Potassium, K		106	4.880	6	A	1		34	305	
Sodium, Na	-	838	21.336	6	A	1		268	2421	
Zinc, Zn		2.00	0.038	6	A	1		0.64	5.79	
Copper, Cu		0.059		6	A	1 1		0.019	0.172	
Manganese, Mn		0.239 17.6	0.005 0.265	6 3	A A	1		0.076 5.6	0.690 50.9	
Selenium, Se	pg	17.0	0.265	3	A	1		5.0	30.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	mg	0.073		3	A	1		0.023	0.212	
Riboflavin	-	0.260		3	A	1		0.083	0.751	
Niacin	-	0.660		3	A	1		0.211	1.907	
Pantothenic acid	-	0.410		2	A	1		0.131	1.185	
Vitamin B-6	•	0.067	0.001	3	A	1		0.022	0.194	
Folate, total										
Folate, DFE										
Choline, total										
Betaine	-	2 22	0.057	2	-	1		0.30	2 2-	
Vitamin B-12		0.99	0.057	3	A			0.32	2.85	
Vitamin A, RAE		113		0	AS	1 1		36 138	327	
Vitamin A, IU		432 0			AS	1		138 0	1248 0	
Lycopene		44		1	A A	1		14	127	
Lutein + zeaxanthin		0.71	0 040	3	A	1		0.23	2.05	
Vitamin E (alpha-tocopherol)			0.049		A	1				
Tocopherol, beta		0.11 3.47	0.013 0.222	3	A A	1		0.03 1.11	0.32 10.02	
Tocopherol, gamma		1.53	0.222	3	A	1		0.49	4.43	
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha Tocotrienol, beta		0.14	0.016	3	A	1		0.04	0.40	
Tocotrienol, gamma		0.05	0.016	3	A	1		0.02	0.14	
Tocotrienol, gamma		0.00		3	A	1		0.02	0.14	
Vitamin D (D2 + D3)	-	0.00	0.000	3	A	_		0.00	0.00	
Vitamin D2 (ergocalciferol)										
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)										
Vitamin D. (cholecalchelor)										
Vitamin K (phylloquinone)		22.2	6.068	3	A	1		7.1	64.1	
Dihydrophylloquinone		0.0	0.000	3	A	1		0.0	0.0	
- my aropmy moquimone		2.3	0.117		A	1		0.7	6.7	

Tryptophan.....g

Threonine......g

0.202

0.424

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 6.730 0 NC 2.154 19.450 4:0.....g 0.198 0.016 3 Α 1 0.063 0.572 6:0.....g 0.157 0.012 Α 0.050 0.453 0.006 0.102 3 0.296 8:0.....g Α 1 0.033 10:0.....g 0.233 0.011 3 Α 1 0.074 0.672 0.015 3 0.262 0.084 0.756 12:0.....g Α 1 13:0.....g 0.055 3 0.865 0.277 2.500 14:0.....g Α 1 0.092 0.006 3 1 Α 0.030 0.267 3.253 0.201 3 1.041 9,400 16:0.....g Α 1 17:0.....g 0.063 0.004 3 1 0.020 0.183 1.413 0.030 3 0.452 4.083 Α 1 18:0.....g 0.040 0.002 3 А 1 0.013 0.115 0.032 0.002 3 Α 1 0.010 0.092 22:0.....g 0.014 0.001 3 0.004 0.040 24:0.....g А 1 4.217 NC 0 4 1.349 12,186 14:1.....g 0.086 0.008 3 Α 1 0.028 0.249 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.166 0.018 3 AS 1 0.053 0.480 0.134 0.017 Α 1 0.043 0.388 16:1 c......g 0.032 0.001 3 А 1 0.010 0.092 16:1 t.....g 0.023 0.002 3 0.066 1 0.007 17:1......g Α 18:1 undifferentiated......g 3.872 0.174 3 AS 1 1.239 11.189 0.173 10.529 3.643 3 Α 1 1.166 18:1 c.....g 0.228 0.004 3 Α 1 0.073 0.660 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.001 3 0.069 Α 1 0.022 0.200 20:1.....g 0.000 0.000 3 AS 1 0.000 0.001 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.001 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 4.580 NC 4 1.466 13.236 0.166 18:2 undifferentiated......g 3.986 3 AS 1 1.276 11.520 3.827 0.166 3 A 1 1.225 11.060 18:2 n-6 c.c....g 0.003 3 18:2 CLAs......g 0.058 1 0.018 0.166 18:2 t,t.....g 18:2 i.....g 0.102 0.003 3 1 0.033 0.294 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.037 0.537 3 0.172 1.552 1 AS 18:3 n-3 c,c,c (ALA)......g 0.505 0.038 3 A 1 0.162 1.460 0.031 0.001 3 0.088 0.010 18:3 n-6 c,c,c.....g Α 1 0.001 0.001 3 0.000 0.003 18:3i.....g 1 0.003 0.000 3 А 1 0.008 0.001 18:4.....g 0.007 0.001 3 Α 1 0.002 0.020 20:2 n-6 c,c.....g 0.013 0.001 3 0.004 0.036 20:3 undifferentiated.....g AS 1 0.001 0.001 3 А 1 0.000 0.002 20:3 n-3.....g 0.001 0.011 3 Α 1 0.003 0.032 20:3 n-6.....g 0.021 0.001 3 1 0.007 0.060 20:4 undifferentiated......g Α 20:4 n-6.....g 0.004 0.001 3 А 1 0.001 0.011 20:5 n-3 (EPA)......g 21:5......g 0.004 0.001 3 22:4.....g Α 1 0.001 0.012 22:5 n-3 (DPA).....g 0.006 0.001 3 0.002 0.016 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.363 0 NC 4 0.116 1.049 Fatty acids, total trans-monoenoic......g 0.260 0 NC 4 0.083 0.752 0.103 NC 0.033 0.297 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 33 1.835 3 Α 1 11 96 Phytosterols.....mg Amino Acids:

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0

0.065

0.136

0.583

1.225

	Amount in 10	Amount in edible portion of common measures of food						
Nutrients and Units	Mean Std. Error			Source Cor Code	nfidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.858	0	A	1		0.275	2.479	
Leucineg	1.625	0	A	1		0.520	4.696	
Lysineg	1.201	0	A	1		0.384	3.471	
Methionineg	0.454	0	A	1		0.145	1.312	
Cystineg	0.161	0	A	1		0.052	0.466	
Phenylalanineg	0.878	0	A	1		0.281	2.538	
Tyrosineg	0.656	0	A	1		0.210	1.896	
Valineg	1.140	0	A	1		0.365	3.296	
Arginineg	0.656	0	A	1		0.210	1.896	
Histidineg	0.505	0	A	1		0.161	1.458	
Alanineg	0.525	0	A	1		0.168	1.516	
Aspartic acidg	1.140	0	A	1		0.365	3.296	
Glutamic acidg	3.865	0	A	1		1.237	11.171	
Glycineg	0.373	0	A	1		0.119	1.079	
Prolineg	2.029	0	A	1		0.649	5.862	
Serineg	0.606	0	A	1		0.194	1.750	
Hydroxyprolineg	0.000	1	A	1		0.000	0.000	

Common Measures:

Measure 1 = 32g: 1 piece Measure 2 = 289g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Carrabba's Italian Grill

	<u>Am ou</u>	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean Sto		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_	66.00	0.003	•	_			042.01		
Water	_	66.80 156	0.903	3 0	A NC	1 4		243.81 570		
Energy		654		0	NC	4		2387		
Energy Protein		7.96	0.301	3	A A	1		29.05		
		6.00	0.301	3	A	1		21.89		
Total lipid (fat)		1.63	0.233	3	A	1		5.95		
Ash		17.62	0.133	0	NC	4		64.31		
Carbohydrate, by difference		1.4	0.256	3	A A	1		4.9		
Fiber, total dietary				3		1				
Sugars, total		4.15	0.034	3	A A	1		15.13		
Sucrose		0.00	0.000			1		0.00		
Glucose (dextrose)		1.18	0.027	3	A	1		4.29		
Fructose		1.06	0.015	3	A	1		3.87		
Lactose		1.91	0.036	3	A -			6.97		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch	9	11.33	0.623	3	A	1		41.37		
Minerals:										
Calcium, Ca	ma	135	7.848	3	A	1		491		
Iron, Fe	-	0.52	0.018	3	A	1		1.91		
Magnesium, Mg		21	0.769	3	A	1		76		
Phosphorus, P		126	5.645	3	A	1		461		
Potassium, K		195	5.364	3	A	1		711		
Sodium, Na	mg	371	43.880	3	A	1		1353		
Zinc, Zn	<u>mg</u>	0.81	0.032	3	A	1		2.94		
Copper, Cu	mg	0.090	0.003	3	A	1		0.329		
Manganese, Mn	mg	0.183	0.006	3	A	1		0.668		
Selenium, Se	µg	22.0	0.265	3	A	1		80.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.053	0.009	3	A	1		0.195		
Riboflavin	mg	0.170	0.006	3	A	1		0.620		
Niacin	mg	0.903	0.047	3	A	1		3.297		
Pantothenic acid	mg	0.460		1	A	1		1.679		
Vitamin B-6	mg	0.090	0.012	3	A	1		0.328		
Folate, total	µg	11		2	A	1		39		
Folate, DFE	µg									
Choline, total										
Betaine										
Vitamin B-12		0.40	0.035	3	A	1		1.47		
Vitamin A, RAE		58		0	AS	1		211		
Vitamin A, IU		496		0	AS	1		1809		
Lycopene		2401		2	A	1		8762		
Lutein + zeaxanthin		98		2	A	1		358		
Vitamin E (alpha-tocopherol)		0.49		2	A	1		1.78		
Tocopherol, beta		0.00		2	A	1		0.00		
Tocopherol, gamma		0.11		2	A	1		0.42		
Tocopherol, delta		0.00		2	A	1		0.00		
Tocotrienol, alpha		0.00		2	A	1		0.00		
Tocotrienol, beta	-	0.10		2	A	1		0.36		
Tocotrienol, gamma		0.00		2	A	1		0.00		
Tocotrienol, delta		0.00		2	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D Vitamin K (phylloquinone)										
Dihydrophylloquinone										
	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.817 0 NC 10.282 4:0.....g 0.088 0.002 3 Α 1 0.321 6:0.....g 0.071 0.001 3 A 0.259 0.001 3 0.049 8:0.....g Α 1 0.179 10:0.....g 0.131 0.003 3 Α 1 0.477 0.003 3 0.131 12:0.....g Α 1 0.479 13:0.....g 0.013 3 0.421 14:0.....g Α 1 1.535 0.046 0.001 3 1 Α 0.169 1.364 0.042 3 4.980 16:0.....g Α 1 17:0.....g 0.029 0.001 3 1 0.106 0.467 0.014 3 Α 1 1.705 18:0.....g 0.012 0.001 3 A 1 0.044 0.005 0.001 3 Α 1 0.018 22:0.....g 0.003 0.000 3 A 0.011 24:0.....g 1 NC 1.924 0 4 7.024 14:1.....g 0.039 0.001 А 1 0.141 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.086 AS 1 0.314 0.070 0.002 3 Α 1 0.255 16:1 c......g 0.016 0.001 3 А 1 0.058 16:1 t.....g 0.010 0.000 3 0.037 17:1.....g Α 1 18:1 undifferentiated......g 1.777 0 AS 1 6.485 6.129 1.679 0.117 3 Α 1 18:1 c.....g 0.098 0.001 3 Α 1 0.356 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.013 0.000 3 Α 1 0.046 20:1.....g 0.000 AS 1 0.000 22:1 undifferentiated......g 22:1 c.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 3 1 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.470 0 NC 4 1.716 18:2 undifferentiated......g 0.397 0 AS 1 1.447 0.343 0.006 3 A 1 1.253 18:2 n-6 c.c....g 0.000 3 18:2 CLAs......g 0.026 1 0.094 18:2 t,t.....g 18:2 i.....g 0.028 0.001 3 1 0.101 18:2 t not further defined......g 18:3 undifferentiated......g 0.045 0 1 0.164 AS 18:3 n-3 c,c,c (ALA)......g 0.045 0.005 3 A 1 0.164 0.000 0.000 18:3 n-6 c,c,c.....g 3 0.000 Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.001 0.001 3 Α 1 0.002 20:2 n-6 c,c.....g 0.011 20:3 undifferentiated.....g 0 AS 1 0.039 0.006 0.002 3 A 1 20:3 n-3.....g 0.021 0.005 0.000 3 Α 1 0.018 20:3 n-6.....g 0.012 0.000 3 1 20:4 undifferentiated......g Α 0.045 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.001 0.001 3 А 1 0.002 21:5......a 0.000 0.000 3 22:4.....g Α 1 0.000 22:5 n-3 (DPA).....g 0.004 0.000 3 0.016 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.141 0 NC 4 0.515 Fatty acids, total trans-monoenoic......g 0.114 0 NC 4 0.414 0.028 0.101 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 30 0.919 3 1 108 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.117 1 0.429 Α 0.333 0 Α 1 1.216 Threonine......g

	Amount in 10	Amount in edible portion of common measures of food						
Nutrients and Units	Mean Std. Erro				onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.382	0	A	1		1.394		
Leucineq	0.784	0	A	1		2.860		
Lysine	0.598	0	A	1		2.181		
Methionineg	0.186	0	A	1		0.679		
Cystineg	0.137	0	A	1		0.501		
Phenylalanineg	0.411	0	A	1		1.501		
Tyrosineg	0.264	0	A	1		0.965		
Valineg	0.451	0	A	1		1.645		
Arginineg	0.323	0	A	1		1.180		
Histidineg	0.186	0	A	1		0.679		
Alanineg	0.313	0	A	1		1.144		
Aspartic acidg	0.666	0	A	1		2.431		
Glutamic acidg	2.214	0	A	1		8.080		
Glycineg	0.215	0	A	1		0.786		
Prolineg	1.597	0	A	1		5.827		
Serineg	0.460	0	A	1		1.680		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 365g: 1 serving varied from 8 to 10 ravioli per serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Carrabba's Italian Grill

		Amou	unt in 100 g	rams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Nur	n be i	r			<u>m</u>	easures of fo	<u>od</u>	
						Source	Confidence				
Nutrients and Unit		Mean Si	td. Error Po				Code	Measure 1	Measure 2	Measure 3	
Nutrients and Onit	.5	Weari S	ia. E i oi i s	,to	Jour	Oouc	Oouc	Wieasure i	Measure 2	weasure .	
Proximates:											
Water	g	59.88	1.474	3	A	1		202.99			
Energy	kcal	206		0	NC	4		697			
Energy	kJ	861		0	NC	4		2919			
Protein	g	19.00	0.782	3	A	1		64.41			
Total lipid (fat)	g	10.95	0.525	3	A	1		37.11			
Ash	g	2.37	0.190	3	A	1		8.05			
Carbohydrate, by difference	g	7.80		0	NC	4		26.44			
Fiber, total dietary	g	0.9	0.033	3	A	1		3.2			
Sugars, total	g	2.89	0.118	3	A	1		9.80			
Sucrose	g	0.00	0.000	3	A	1		0.00			
Glucose (dextrose)		1.11	0.072	3	A	1		3.76			
Fructose		0.92	0.006	3	A	1		3.12			
Lactose	g	0.18	0.000	3	A	1		0.63			
Maltose		0.58	0.087	3	A	1		1.95			
Galactose	g	0.10	0.014	3	A	1		0.34			
Starch		4.57	0.067	3	A	1		15.48			
Minerals:											
Calcium, Ca	ma	142	5.239	3	A	1		483			
Iron, Fe	-	0.78	0.095		A	1		2.65			
Magnesium, Mg		30	1.179	3	A	1		100			
Phosphorus, P		235	5.364		A	1		796			
Potassium, K		319	4.583	3	A	1		1081			
Sodium, Na	_	467	60.491		A	1		1584			
Zinc, Zn	-	1.16	0.047	3	A	1		3.93			
Copper, Cu		0.079	0.005	3	A	1		0.268			
Manganese, Mn		0.169	0.018	3	A	1		0.574			
Selenium, Se		25.3	2.318	3	A	1		85.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin	-	0.103	0.009	3	A	1		0.350			
Riboflavin		0.223	0.012		A	1		0.757			
Niacin	_	6.447	0.343	3	A	1		21.854			
Pantothenic acid		1.400		1	A	1		4.746			
Vitamin B-6		0.227	0.015	3	A	1		0.768			
Folate, total	µg	22		2	A	1		74			
Folate, DFE											
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.46	0.142	3	A	1		1.55			
Vitamin A, RAE	µg	53		0	AS	1		179			
Vitamin A, IU	<u>IU</u>	356		0	AS	1		1206			
Lycopene	µg	1998		2	A	1		6775			
Lutein + zeaxanthin		113		2	A	1		384			
Vitamin E (alpha-tocopherol)	mg	1.89		2	A	1		6.42			
Tocopherol, beta		0.00		2	A	1		0.00			
Tocopherol, gamma		1.03		2	A	1		3.49			
Tocopherol, delta		0.17		2	A	1		0.56			
Tocotrienol, alpha		0.04		2	A	1		0.13			
Tocotrienol, beta	-	0.00		2	A	1		0.00			
Tocotrienol, gamma		0.00		2	A	1		0.00			
Tocotrienol, delta		0.00		2	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vistoman V (mbrillo organia on o)	ua										
Vitamin K (phylloquinone) Dihydrophylloquinone											

	Am	ount in		am s		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Err	of	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	3.5			0	NC	4		11.923		
4:0g 6:0g	0.0		0.001	3 3	A A	1 1		0.245 0.187		
8:0g	0.0		0.001	3	A	1		0.123		
10:0g	0.0	92	0.003	3	A	1		0.313		
12:0g	0.1	12	0.003	3	A	1		0.381		
13:0g 14:0g	0.3	75	0.012	3	A	1		1.270		
15:0g	0.0		0.001	3	A	1		0.132		
16:0g	1.9		0.106	3	A	1		6.778		
17:0g	0.0		0.002	3	A	1		0.102		
18:0g 20:0g	0.6		0.025	3 3	A A	1 1		2.227		
20:0g	0.0		0.001	3	A	1		0.095 0.046		
24:0g	0.0		0.001	3	A	1		0.025		
Fatty acids, total monounsaturatedg	4.6	64		0	NC	4		15.812		
14:1g	0.0		0.001	3	A	1		0.132		
15:1g	0.0		0.000	3	A As	1 1		0.000 0.634		
16:1 undifferentiated	0.1		0.011	3 3	AS A	1		0.634		
16:1 t	0.0		0.001	3	A	1		0.043		
17:1g	0.0	13	0.001	3	A	1		0.045		
18:1 undifferentiatedg	4.3		0.472	3	AS	1		14.875		
18:1 cg	4.2		0.463	3	A	1		14.544		
18:1 tg 18:1-11 t (18:1t n-7)g	0.0	98	0.009	3	A	1		0.331		
20:1g	0.0	35	0.002	3	A	1		0.118		
22:1 undifferentiatedg	0.0		0.001	3	AS	1		0.003		
22:1 cg	0.0	01	0.001	3	A	1		0.003		
22:1 tg	0.0		0.000	3	A	1		0.000		
24:1 cg Fatty acids, total polyunsaturatedg	0.0		0.000	3 0	A NC	1 4		0.005 4.871		
18:2 undifferentiated	1.2		0.248	3	AS	1		4.167		
18:2 n-6 c,cg	1.1		0.251	3	A	1		3.993		
18:2 CLAsg	0.0	20	0.001	3	A	1		0.069		
18:2 t,tg										
18:2 ig 18:2 t not further definedg	0.0	31	0.002	3	A	1		0.105		
18:3 undifferentiated	0.1		0.056	3	AS	1		0.435		
18:3 n-3 c,c,c (ALA)g	0.1		0.054	3	A	1		0.423		
18:3 n-6 c,c,cg	0.0	04	0.002	3	A	1		0.012		
18:3ig	0.0		0.000	3	A	1		0.000		
18:4g 20:2 n-6 c.cg	0.0		0.000	3	A A	1 1		0.000 0.019		
20:2 n-6 c,cg	0.0		0.003	3	AS	1		0.019		
20:3 n-3g	0.0		0.002	3	A	1		0.007		
20:3 n-6g	0.0	12	0.001	3	A	1		0.041		
20:4 undifferentiatedg	0.0	40	0.003	3	A	1		0.135		
20:4 n-6	0.0	0.2	0.001	2	A	1		0.007		
20:5 n-3 (EPA)g 21:5g	0.0	02	0.001	3	A	1		0.007		
22:4g	0.0	09	0.001	3	A	1		0.029		
22:5 n-3 (DPA)g	0.0		0.001	3	A	1		0.017		
22:6 n-3 (DHA)g	0.0		0.001	3	A	1		0.015		
Fatty acids, total trans	0.1			0	NC NC	4 4		0.479 0.374		
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg	0.0			0	NC NC	4		0.374		
Cholesterolmg	67		6.808	3	A	1		228		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.2	44		0	A	1		0.827		
Threonineg	0.7	98		0	A	1		2.704		

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Con Code (fidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.863	0	A	1		2.926		
Leucineg	1.576	0	A	1		5.343		
Lysineg	1.567	0	A	1		5.311		
Methionine	0.488	0	A	1		1.654		
Cystineg	0.235	0	A	1		0.795		
Phenylalanineg	1.248	0	A	1		4.230		
Tyrosineg	0.647	0	A	1		2.194		
Valine	0.976	0	A	1		3.308		
Arginineg	1.107	0	A	1		3.753		
Histidine	0.582	0	A	1		1.972		
Alanineg	0.938	0	A	1		3.181		
Aspartic acidg	1.661	0	A	1		5.629		
Glutamic acid	3.387	0	A	1		11.482		
Glycineg	0.722	0	A	1		2.449		
Prolineg	1.726	0	A	1		5.852		
Serineg	0.844	0	A	1		2.862		
Hydroxyprolineg	0.050	1	A	1		0.170		

Common Measures:

Measure 1 = 339g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36043 CARRABBA'S ITALIAN GRILL, lasagne

Carrabba's Italian Grill lasagna

						ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean Sto	Num of I d. Error Po	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.72	0.894	3	A	1		278.46		
Energy	-	191		0	NC	4		834		
Energy		799		0	NC	4		3492		
Protein		10.48	0.343	3	A	1		45.79		
Total lipid (fat)		11.06	0.664	3	A	1		48.33		
Ash		2.38	0.021	3	A	1		10.40		
Carbohydrate, by difference	_	12.36		0	NC	4		54.02		
Fiber, total dietary		1.3	0.025	3	A	1		5.6		
Sugars, total		2.77	0.227	3	A	1		12.10		
Sucrose		0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		1.34	0.094	3	A	1		5.84		
Fructose (dextrose)		1.25	0.107	3	A	1		5.48		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.18	0.026	3	A	1		0.79		
Starch		7.43	1.391	3	A	1		32.48		
Starcii	9	,.15	1.331	•		_		32.10		
Minerals:										
Calcium, Ca	mg	185	9.387	3	A	1		810		
Iron, Fe	mg	0.74	0.023	3	A	1		3.24		
Magnesium, Mg	mg	24	0.569	3	A	1		103		
Phosphorus, P	mg	176	9.713	3	A	1		769		
Potassium, K	mg	266	14.345	3	A	1		1161		
Sodium, Na	<u>mg</u>	524	17.072	3	A	1		2288		
Zinc, Zn	mg	1.35	0.013	3	A	1		5.91		
Copper, Cu	mg	0.073	0.005	3	A	1		0.320		
Manganese, Mn	mg	0.155	0.020	3	A	1		0.678		
Selenium, Se	µg	20.9	2.590	3	A	1		91.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.090	3	A	1		3.3		
Thiamin	mg	0.120	0.000	3	A	1		0.524		
Riboflavin	-	0.200	0.006	3	A	1		0.874		
Niacin	mg	1.757	0.038	3	A	1		7.676		
Pantothenic acid	mg	0.470		1	A	1		2.053		
Vitamin B-6	mg									
Folate, total		16	0.617	3	A	1		72		
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.77	0.067	3	A	1		3.35		
Vitamin A, RAE	µg	102		0	AS	1		445		
Vitamin A, IU	<u>IU</u>	685		0	AS	1		2994		
Lycopene	µg	2858	335.522	3	A	1		12487		
Lutein + zeaxanthin	µg	90	5.076	3	A	1		394		
Vitamin E (alpha-tocopherol)	mg	0.97	0.044	3	A	1		4.23		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma	g	0.07	0.014	3	A	1		0.32		
Tocopherol, delta	g	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00		
Tocotrienol, beta	-	0.06	0.032	3	A	1		0.24		
Tocotrienol, gamma		0.08	0.080	3	A	1		0.35		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 4.366 0 NC 19.081 4:0.....g 0.086 0.010 3 Α 1 0.374 6:0.....g 0.073 0.008 Α 0.317 0.005 3 0.048 8:0.....g Α 1 0.211 10:0.....g 0.126 0.011 3 Α 1 0.549 0.011 3 12:0.....g 0.150 Α 1 0.654 13:0.....g 0.036 3 0.547 14:0.....g Α 1 2.390 0.061 0.004 3 1 Α 0.265 2.256 0.111 3 9.858 16:0.....g Α 1 17:0.....g 0.059 0.006 3 1 0.256 0.935 0.059 3 Α 1 4.086 18:0.....g 0.018 0.001 3 А 1 0.077 0.007 0.000 3 Α 1 0.029 22:0.....g 0.003 0.002 3 А 0.014 24:0.....g 1 NC 3.577 0 4 15,632 14:1.....g 0.060 0.005 3 А 1 0.264 0.000 0.000 3 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.167 0.014 3 AS 1 0.729 0.142 0.014 3 Α 1 0.620 16:1 c......g 0.025 0.001 3 А 1 0.109 16:1 t.....g 0.028 0.004 3 1 0.121 17:1.....g Α 18:1 undifferentiated......g 3.292 0.146 3 AS 1 14.387 3.074 0.129 13.432 3 Α 1 18:1 c.....g 0.219 0.020 3 Α 1 0.955 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.002 3 0.029 Α 1 0.128 20:1.....g 0.001 0.001 AS 1 0.003 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.001 Α 1 0.003 0.000 0.000 3 1 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.716 NC 3.127 0.041 3 18:2 undifferentiated......g 0.611 AS 1 2.671 0.536 0.036 3 A 1 2.342 18:2 n-6 c.c....g 0.002 3 18:2 CLAs......g 0.032 1 0.140 18:2 t,t.....g 18:2 i.....g 0.043 0.004 3 1 0.189 18:2 t not further defined......g 18:3 undifferentiated......g 0.004 3 0.050 0.217 1 AS 18:3 n-3 c,c,c (ALA)......g 0.048 0.003 3 A 1 0.211 0.001 0.001 3 18:3 n-6 c,c,c.....g 0.004 Α 1 0.000 0.000 3 0.001 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.008 0.001 3 Α 1 0.033 20:2 n-6 c,c.....g 0.015 0.001 3 20:3 undifferentiated.....g AS 1 0.065 0.005 0.001 3 A 1 0.022 20:3 n-3.....g 0.001 3 0.010 Α 1 0.043 20:3 n-6.....g 0.023 0.001 3 1 20:4 undifferentiated......g Α 0.100 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.001 0.001 3 А 1 0.006 21:5......g 0.004 0.001 3 22:4.....g Α 1 0.019 22:5 n-3 (DPA).....g 0.004 0.002 3 0.016 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.287 0 NC 4 1.255 Fatty acids, total trans-monoenoic......g 0.244 0 NC 4 1,065 0.044 0.191 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 31 1.204 3 1 137 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.142 1 0.621 Α

0.360

Threonine......g

0

Α

1

1.573

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.407	0	A	1		1.780		
Leucineg	0.834	0	A	1		3.642		
Lysineg	0.815	0	A	1		3.560 1.076		
Methionineg	0.246 0.114	0	A A	1		0.496		
Cystineg	0.114	0	A	1		2.152		
Phenylalanineg	0.369	0	A	1		1.614		
Tyrosine	0.436	0	A	1		1.904		
_	0.483	0	A	1		2.111		
Arginine	0.275	0	A	1		1.200		
Alanineg	0.388	0	A	1		1.697		
Aspartic acidg	0.739	0	A	1		3.229		
Glutamic acid	2.103	0	A	1		9.190		
Glycineg	0.331	0	A	1		1.448		
Prolineg	1.165	0	A	1		5.092		
Serine	0.492	0	A	1		2.152		
Hydroxyprolineg	0.050	1	A	1		0.219		

Common Measures:

Measure 1 = 437g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Carrabba's Italian Grill

		<u>Am ou</u>	nt in 100 gr	am s	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	73.32	1.117	3	A	1		393.71			
Energy	kcal	122		0	NC	4		653			
Energy	kJ	509		0	NC	4		2733			
Protein	g	5.87	0.532	3	A	1		31.55			
Total lipid (fat)	g	3.92	0.289	3	A	1		21.03			
Ash	g	1.18	0.059	3	A	1		6.35			
Carbohydrate, by difference	g	15.71		0	NC	4		84.36			
Fiber, total dietary	g	1.5	0.061	3	A	1		7.9			
Sugars, total	g	1.96	0.174	3	A	1		10.52			
Sucrose	<u>g</u>	0.00	0.000	3	A	1		0.00			
Glucose (dextrose)		0.99	0.093	3	A	1		5.32			
Fructose	g	0.97	0.082	3	A	1		5.21			
Lactose	g	0.00	0.000	3	A	1		0.00			
Maltose		0.00	0.000	3	A	1		0.00			
Galactose		0.00	0.000	3	A	1		0.00			
Starch		11.50	0.458	3	A	1		61.76			
Minerals:											
	ma	15	1 640	,		1		82			
Calcium, CaIron. Fe		0.89	1.648 0.088	3	A A	1		82 4.75			
, , , , , , , , , , , , , , , , , , , ,		15	1.007	3	A	1		83			
Magnesium, Mg		58	4.540	3	A	1		310			
Phosphorus, P Potassium, K		187	9.171	3	A	1		1006			
Sodium, Na	-	270	27.088	3	A	1		1452			
Zinc, Zn	-	0.70	0.037	3	A	1		3.76			
Copper, Cu		0.088	0.014	3	A	1		0.475			
Manganese, Mn		0.187	0.004	3	A	1		1.004			
Selenium, Se		9.5	1.266	3	A	1		51.0			
<u>Vitamins:</u>	ma	0.0	0 110	,		1		4.5			
Vitamin C, total ascorbic acid	-	0.8	0.110	3	A A	1					
Thiamin	-	0.090 0.150	0.017 0.015	3	A	1		0.483			
Riboflavin	-	1.597	0.013	3	A	1		0.805 8.574			
Niacin Pantothenic acid	-	0.280	0.141	1	A	1		1.504			
Vitamin B-6		0.280	0.002	3	A	1		0.650			
		30	4.070	3	A	1		163			
Folate, totalFolate, DFE		30	4.070	3	A	_		103			
Choline, total		16.2		0	AS	1		87.1			
		591.4		1	_	1		3175.6			
Vitamin B-12	-	0.21	0.026	3	A A	1		1.13			
Vitamin A, RAE		14	0.020	0	AS	1		73			
Vitamin A, IU		272		0	AS	1		1462			
Lycopene		2458		2	A	1		13199			
Lutein + zeaxanthin		112		2	A	1		604			
Vitamin E (alpha-tocopherol)		0.68	0.030	3	A	1		3.64			
Tocopherol, beta		0.00	0.000	3	A	1		0.00			
Tocopherol, gamma		0.08	0.000	3	A	1		0.44			
Tocopherol, delta		0.00	0.000	3	A	1		0.00			
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00			
Tocotrienol, beta		0.15	0.015	3	A	1		0.80			
Tocotrienol, gamma		0.13	0.065	3	A	1		0.35			
Tocotrienol, delta		0.00		3	A	1		0.00			
Vitamin D (D2 + D3)		3.00	0.000	-		-		0.00			
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)		3.3		1	A	1		18.0			
Dihydrophylloquinone		0.0		1	A	1		0.0			

	<u>A</u> 1	n our	nt in 100	gram	Amount in edible portion of common					
			N	lum be	-				easures of foo	
						Source C	Confidence	· · · · · · · · · · · · · · · · · · ·		
Nutrients and Units	Mean	Std	l. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weari	Siu						weasure i	Weasure 2	weasure 5
Menaquinone-4	μα 0.	0		1	A	1		0.0		
	r-9	-		_		_				
<u>Lipids:</u>		100		•						
Fatty acids, total saturated		100 008	0.00	0 08 3	NC A	4 1		5.907 0.041		
6:0	=	005	0.00		A	1		0.025		
8:0	=	003	0.00		A	1		0.018		
10:0	-	011	0.00		A	1		0.057		
12:0		013	0.03	LO 3	A	1		0.072		
13:0	g									
14:0	=	066	0.02		A	1		0.354		
15:0	=	009	0.00		A	1		0.048		
16:0	•	674	0.0		A -	1		3.617		
17:0	-	014	0.00		A	1 1		0.077		
18:0 20:0	•	284 009	0.00		A A	1		1.525 0.048		
22:0	-	003	0.00		A	1		0.048		
24:0	-	002	0.00		A	1		0.011		
Fatty acids, total monounsaturated		731		0	NC	4		9.293		
14:1	•	007	0.00	3	A	1		0.035		
15:1		000	0.00	00 3	A	1		0.000		
16:1 undifferentiated	.g 0.	052	0.00	07 3	AS	1		0.280		
16:1 c	g 0.	049	0.00	7 3	A	1		0.261		
16:1 t	.0	004	0.00		A	1		0.020		
17:1	=	800	0.00		A	1		0.044		
18:1 undifferentiated	=	648	0.10		AS	1		8.847		
18:1 c	=	591	0.09		A	1 1		8.543		
18:1 t 18:1-11 t (18:1t n-7)	-	057	0.00	08 3	A	1		0.304		
20:1	•	015	0.00	03 3	A	1		0.082		
22:1 undifferentiated	•	001	0.00		AS	1		0.004		
22:1 c	=	001	0.00		A	1		0.004		
22:1 t	-	000	0.00	00 3	A	1		0.000		
24:1 c	g 0.	000	0.00	00 3	A	1		0.000		
Fatty acids, total polyunsaturated	g 0.	494		0	NC	4		2.653		
18:2 undifferentiated	=	431	0.04		AS	1		2.316		
18:2 n-6 c,c		417	0.04		A	1		2.237		
18:2 CLAs		007	0.00	01 3	A	1		0.037		
18:2 t,t	-									
18:2 i		008	0.00	02 3	А	1		0.041		
18:3 undifferentiated	.5	032	0.00		AS	1		0.170		
18:3 n-3 c.c.c (ALA)	•	031	0.00		A	1		0.168		
18:3 n-6 c,c,c	-	000	0.00	00 3	A	1		0.002		
18:3i	g 0.	000	0.00	00 3	A	1		0.000		
18:4	g 0.	000	0.00	00 3	A	1		0.000		
20:2 n-6 c,c		006	0.00		A	1		0.032		
20:3 undifferentiated		010	0.00		AS	1		0.054		
20:3 n-3	•	007	0.00		A	1		0.037		
20:3 n-6	=	003	0.00		A	1		0.016		
20:4 undifferentiated 20:4 n-6	-	010	0.00	02 3	A	1		0.055		
20:5 n-3 (EPA)	=	000	0.00	00 3	A	1		0.002		
21:5	•					_		0.002		
22:4	=	003	0.00	00 3	A	1		0.014		
22:5 n-3 (DPA)	•	001	0.00		A	1		0.007		
22:6 n-3 (DHA)		001	0.00		A	1		0.004		
Fatty acids, total trans	g 0.	068		0	NC	4		0.365		
Fatty acids, total trans-monoenoic	•	060		0	NC	4		0.324		
Fatty acids, total trans-polyenoic	•	800		0	NC	4		0.041		
Cholesterol			1.45	55 3	A	1		50		
Phytosterols	ing									
Amino Acids:	a -	0.40		_	_	4		0 000		
Tryptophan	.g 0.	049		0	A	1		0.262		

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Code	Measure 1	Measure 2	Measure 3
Threonineg	0.183	0	A	1		0.983		
Isoleucineg	0.183	0	A	1		0.983		
Leucineg	0.354	0	A	1		1.901		
Lysineg	0.231	0	A	1		1.242		
Methionineg	0.098	0	A	1		0.524		
Cystineg	0.085	0	A	1		0.459		
Phenylalanineg	0.244	0	A	1		1.311		
Tyrosineg	0.141	0	A	1		0.758		
Valineg	0.208	0	A	1		1.114		
Arginineg	0.268	0	A	1		1.442		
Histidineg	0.134	0	A	1		0.720		
Alanineg	0.284	0	A	1		1.525		
Aspartic acidg	0.427	0	A	1		2.294		
Glutamic acidg	1.440	0	A	1		7.735		
Glycineg	0.220	0	A	1		1.180		
Prolineg	0.452	0	A	1		2.426		
Serineg	0.220	0	A	1		1.180		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 537g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Carrabba's Italian Grill

		Amour	nt in 100 gr			ble porti	on	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean Std	Num of D Error Po.	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	75.25	1.828	3	A	1		367.96		
Energy		104		0	NC	4		508		
Energy		435		0	NC	4		2127		
Protein		3.42	0.171	3	A	1		16.71		
Total lipid (fat)	_	1.75	0.091	3	A	1		8.56		
Ash	g	0.96	0.092	3	A	1		4.69		
Carbohydrate, by difference	g	18.63		0	NC	4		91.09		
Fiber, total dietary	g	1.7	0.062	3	A	1		8.2		
Sugars, total	g	1.87	0.028	3	A	1		9.16		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		0.93	0.039	3	A	1		4.56		
Fructose	g	0.94	0.012	3	A	1		4.60		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch	g	12.60	0.608	3	A	1		61.61		
Minorola										
Minerals:		1.0	0 500	_	_			0.1		
Calcium, Ca	-	17	0.788	3	A A	1 1		81		
Iron, Fe		0.74	0.052	3	A	1		3.64 71		
Magnesium, Mg		14 43	0.361 1.452	3	A	1		210		
Phosphorus, P Potassium, K		143	3.786	3	A	1		699		
Sodium, Na	_	218	30.730	3	A	1		1066		
Zinc, Zn	-	0.33	0.017	3	A	1		1.63		
Copper, Cu		0.071	0.017	3	A	1		0.347		
Manganese, Mn		0.206	0.014	3	A	1		1.009		
Selenium, Se		6.9	1.424	3	A	1		33.6		
<u>Vitamins:</u>				_		_				
Vitamin C, total ascorbic acid	_	1.0	0.073	3	A	1		5.1		
Thiamin	_	0.077	0.013	3	A	1		0.375		
Riboflavin	_	0.130	0.015	3	A	1		0.636		
Niacin	_	1.183	0.134	3	A	1		5.786		
Pantothenic acid	•	0.170		1	A	1		0.831		
Vitamin B-6		0.086	0.002	3	A	1		0.419		
Folate, total		32	5.921	3	A	1		156		
Folate, DFE		0 1		0	3.0	1		20.6		
Choline, total		8.1			AS			39.6		
Betaine	• • • • • • • • • • • • • • • • • • • •	474.7		1	A	1		2321.3		
Vitamin B-12 Vitamin A, RAE		9		0	AS	1		46		
Vitamin A, IU		187		0	AS	1		913		
Lycopene		1964		2	AS	1		9602		
Lutein + zeaxanthin		137		2	A	1		668		
Vitamin E (alpha-tocopherol)		0.84	0.121	3	A	1		4.11		
Tocopherol, beta		0.00	0.000	3	A	1		0.00		
Tocopherol, gamma		0.11	0.062	3	A	1		0.53		
Tocopherol, delta		0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha		0.01	0.015	3	A	1		0.07		
Tocotrienol, beta		0.20	0.005	3	A	1		0.96		
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)				-						
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		4.4		1	A	1		21.5		
Dihydrophylloquinone		0.0		1	A	1		0.0		
Menaquinone-4		0.0		1	A	1		0.0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Menaquinone-4.....µg 0.0 Α 1 Lipids: Fatty acids, total saturated......g 0.360 NC 1.763 4:0.....g 0.000 0.000 3 A 1 0.000 0.000 0.000 3 А 1 0.000 6:0......g 8:0.....g 0.000 0.000 3 Α 1 0.000 0.001 0.001 3 0.004 Α 1 12:0.....g 0.001 0.001 3 1 0.006 13:0......g 14:0.....g 0.007 0.003 3 Α 1 0.036 0.002 0.000 3 0.010 Α 1 0.016 3 16:0.....g 0.267 Α 1 1.304 0.000 0.002 3 А 1 0.010 17:0......g 0.007 3 18·0 0.068 Α 1 0.334 0.001 20:0.....g 0.006 Α 1 0.031 0.000 0.003 3 22:0.....g Α 1 0.016 24:0.....g 0.002 0.000 3 А 1 0.010 0.927 Fatty acids, total monounsaturated......g 0 NC 4 4.534 0.000 0.000 3 A 0.000 14:1.....g 0.000 3 0.000 15:1.....g Α 1 0.000 16:1 undifferentiated......g 0.015 0.003 3 AS 1 0.073 0.003 3 16:1 c.....g 0.015 Α 1 0.073 0.000 0.000 3 16:1 t.....g 0.000 0.000 3 17:1.....g 0.002 Α 1 0.010 0.153 18:1 undifferentiated......g 0.902 3 AS 1 4.409 0.154 3 0.894 18:1 c.....g Α 1 4.372 18:1 t.....g 0.008 0.002 3 1 0.037 18:1-11 t (18:1t n-7).....g 0.008 0.003 3 0.038 20:1.....g Α 1 0.000 0.000 3 0.001 AS 1 0.000 0.000 3 0.001 22:1 c.....g Α 1 0.000 0.000 3 А 1 0.000 22:1 t.....g 24:1 c.....g 0.000 0.000 3 А 1 0.001 0.375 NC 4 1.835 18:2 undifferentiated......g 0.336 0.050 3 AS 1 1.643 0.048 18:2 n-6 c,c.....g 0.334 3 Α 1 1,631 0.001 0.001 3 Α 1 0.006 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.001 18:2 t not further defined......g 0.001 1 0.006 Α 0.012 3 18:3 undifferentiated.....g 0.033 AS 1 0.160 18:3 n-3 c,c,c (ALA).....g 0.032 0.011 3 А 1 0.157 0.001 3 18:3 n-6 c,c,c......g 0.001 Α 1 0.003 0.000 18:3i.....g 0.000 3 А 1 0.000 18:4.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 Α 0.000 20:2 n-6 c,c.....g 0.001 3 20:3 undifferentiated.....g 0.004 AS 1 0.021 0.004 0.001 1 20:3 n-3.....g 3 Α 0.021 0.000 3 0.000 20:3 n-6.....g Α 1 0.000 20:4 undifferentiated.....g 0.000 0.000 3 0.000 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.001 3 Α 1 0.003 21:5.....g 22:4.....g 0.000 0.000 3 1 0.000 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 Α 1 0.002 0.001 3 А 1 0.007 22:6 n-3 (DHA)......g 0.009 0 NC 4 0.043 Fatty acids, total trans......g 0.008 0 NC 4 0.037 Fatty acids, total trans-monoenoic......g 0.001 0 NC 4 0.006 Fatty acids, total trans-polyenoic......g 0 0.074 3 А 1 Cholesterol....mg 2 Phytosterols.....mg Amino Acids: 0.209 0.043 0 1 Tryptophan.....g Α

	Amount in 1	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data or Points			Confidence Code	Measure 1	Measure 2	Measure 3
Threonineg	0.096	0	A	1		0.472		
Isoleucineg	0.107	0	A	1		0.524		
Leucine	0.204	0	A	1		0.995		
Lysineg	0.075	0	A	1		0.367		
Methionineg	0.054	0	A	1		0.262		
Cystineg	0.075	0	A	1		0.367		
Phenylalanineg	0.150	0	A	1		0.734		
Tyrosineg	0.075	0	A	1		0.367		
Valineg	0.129	0	A	1		0.629		
Arginineg	0.150	0	A	1		0.734		
Histidineg	0.064	0	A	1		0.314		
Alanineg	0.107	0	A	1		0.524		
Aspartic acidg	0.214	0	A	1		1.048		
Glutamic acidg	1.136	0	A	1		5.556		
Glycineg	0.096	0	A	1		0.472		
Prolineg	0.343	0	A	1		1.677		
Serineg	0.150	0	A	1		0.734		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 489g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel

		Amou	nt in 100 gr	rams	of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Nur	nber	r				easures of fo		
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean Sto	d.Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	43.12	1.061		A	1		75.45			
Energy		293		0	NC	4		512			
Energy		1225		0	NC	4		2144			
Protein		18.06	0.754		A	1		31.61			
Total lipid (fat)		15.48	0.440	6	A	1		27.09			
Ash		3.06	0.169	6	A	1		5.35			
Carbohydrate, by difference		20.29		0	NC	4		35.50			
Fiber, total dietary	g	0.7	0.225	3	A	1		1.2			
Sugars, total		0.09	0.009	3	A	1		0.16			
Sucrose	g	0.09	0.009	3	A	1		0.16			
Glucose (dextrose)	g	0.00	0.000	3	A	1		0.00			
Fructose	g	0.00	0.000	3	A	1		0.00			
Lactose		0.00	0.000	3	A	1		0.00			
Maltose		0.00	0.000	3	A	1		0.00			
Galactose	g	0.00	0.000	3	A	1		0.00			
Starch		19.63	0.384	3	A	1		34.36			
Minerals:											
Calcium, Ca	ma	12	0.344	6	A	1		20			
Iron, Fe	-	0.59	0.026	6	A	1		1.04			
Magnesium, Mg		28	0.928	6	A	1		48			
Phosphorus, P		268	13.713		A	1		468			
Potassium, K		319	12.553		A	1		557			
Sodium, Na	-	874	59.477		A	1		1530			
Zinc, Zn	-	0.66	0.028	6	A	1		1.15			
Copper, Cu		0.066	0.002	6	A	1		0.115			
Manganese, Mn		0.262	0.004	6	A	1		0.459			
Selenium, Se	µg	16.3	2.716	3	A	1		28.5			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	-	0.097	0.009	3	A	1		0.169			
Riboflavin	mg	0.133	0.003	3	A	1		0.233			
Niacin	mg	6.733	0.034	3	A	1		11.783			
Pantothenic acid	mg	1.405		2	A	1		2.459			
Vitamin B-6	mg	0.487	0.007	3	A	1		0.852			
Folate, total	µg	7	1.472	3	A	1		13			
Folic acid	µg										
Folate, food	µg	7	1.472	3	A	1		13			
Folate, DFE	µg										
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.11	0.009	3	A	1		0.20			
Vitamin A, RAE	µg	2		0	AS	1		4			
Retinol	µg	2		1	A	1		3			
Carotene, beta	µg	3		1	A	1		4			
Carotene, alpha		0		1	A	1		1			
Cryptoxanthin, beta	µg	1		1	A	1		2			
Vitamin A, IU		11		0	AS	1		20			
Lycopene		0		1	A	1		0			
Lutein + zeaxanthin	µg	49		1	A	1		86			
Vitamin E (alpha-tocopherol)	mg	1.21	0.042	3	A	1		2.12			
Tocopherol, beta	g	0.15	0.027	3	A	1		0.26			
Tocopherol, gamma	mg	6.97	0.781	3	A	1		12.20			
Tocopherol, delta	mg	2.47	0.348	3	A	1		4.32			
Tocotrienol, alpha	mg	0.00	0.000	3	A	1		0.00			
Tocotrienol, beta		0.09	0.047	3	A	1		0.17			
Tocotrienol, gamma	mg	0.06	0.011	3	A	1		0.10			

		Amount in 100 grams of edible portion Number						<u>ion</u>		dible portion o	
							Cauraa	Confidence	1113	easures or roo	<u>u</u>
Nutrients and Units	Me	an	Std. Err				Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta	mg	0.0) (0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	µg										
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone) Dihydrophylloquinone											
Menaquinone-4											
<u>Lipids:</u>											
Fatty acids, total saturated		2.7			0	NC	4		4.835		
4:0	-	0.00		0.002	3	A	1		0.003		
6:0 8:0		0.00		0.000	3 3	A A	1 1		0.000		
10:0		0.00		0.001	3	A	1		0.010 0.010		
12:0		0.00		0.001	3	A	1		0.005		
13:0		••••			•		_		0.005		
14:0	-	0.02	20	0.003	3	A	1		0.034		
15:0	-	0.00		0.000	3	A	1		0.008		
16:0	g	1.6	57	0.021	3	A	1		2.918		
17:0	g	0.0	15	0.000	3	A	1		0.026		
18:0	g	0.92	21 (0.014	3	A	1		1.612		
20:0		0.04	19	0.001	3	A	1		0.086		
22:0	g	0.0		0.002	3	A	1		0.089		
24:0	g	0.0		0.001	3	A	1		0.035		
Fatty acids, total monounsaturated	-	3.3			0	NC	4		5.809		
14:1	-	0.00		0.001	3	A	1		0.001		
15:1		0.00		0.000	3	A	1		0.000		
16:1 undifferentiated		0.0		0.002	3	AS	1 1		0.066		
16:1 c	-	0.0		0.002	3 3	A A	1		0.066 0.000		
16:1 t 17:1		0.00		0.000	3	A	1		0.000		
18:1 undifferentiated		3.2		0.033	3	AS	1		5.647		
18:1 c	-	3.19		0.034	3	A	1		5.593		
18:1 t	-	0.0		0.002	3	A	1		0.054		
18:1-11 t (18:1t n-7)	-										
20:1		0.04	46	0.001	3	A	1		0.080		
22:1 undifferentiated	g	0.00	00	0.000	3	AS	1		0.001		
22:1 c	g	0.00	00	0.000	3	A	1		0.001		
22:1 t	g	0.0	00	0.000	3	A	1		0.000		
24:1 c	g	0.00		0.000		A	1		0.000		
Fatty acids, total polyunsaturated		7.89			0	NC	4		13.808		
18:2 undifferentiated		6.92		0.241	3	AS	1		12.123		
18:2 n-6 c,c		6.83		0.250	3	A	1		11.928		
18:2 CLAs	-	0.03	19	0.002	3	A	1		0.034		
18:2 t,t											
18:2 i 18:2 t not further defined	-	0.09	22	0.008	3	A	1		0.160		
18:2 t not further defined	-	0.89		0.049	3	AS	1		1.564		
18:3 n-3 c,c,c (ALA)		0.82		0.052		A	1		1.445		
18:3 n-6 c,c,c		0.00		0.004	3	A	1		0.118		
18:3i	-	0.00		0.000	3	A	1		0.000		
18:4	-	0.00		0.000	3	A	1		0.000		
20:2 n-6 c,c		0.0	10	0.001	3	A	1		0.017		
20:3 undifferentiated		0.00	09	0.001	3	AS	1		0.016		
20:3 n-3		0.00	01 (0.001	3	A	1		0.001		
20:3 n-6	g	0.00	09	0.001	3	A	1		0.015		
20:4 undifferentiated	g	0.0	32	0.001	3	A	1		0.057		
20:4 n-6											
20:5 n-3 (EPA)		0.00	01	0.001	3	A	1		0.001		
21:5					•	_	_				
22:4	-	0.0		0.000	3	A	1		0.020		
22:5 n-3 (DPA)	y	0.00	J 4 (0.000	3	A	1		0.006		

	<u>Am c</u>	ount in 100) grams	of edi	Amount in edible portion of common				
			Num be	r			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
				_	_				
22:6 n-3 (DHA)g	0.00			A	1		0.005		
Fatty acids, total transg	0.12		0	NC	4		0.215		
Fatty acids, total trans-monoenoicg	0.03		0	NC	4		0.054		
Fatty acids, total trans-polyenoicg	0.09		0	NC	4		0.160		
Cholesterolmg	40	1.5	31 3	A	1		69		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.19	0	0	A	1		0.332		
Threonineg	0.60	0	0	A	1		1.050		
Isoleucineg	0.77	0	0	A	1		1.347		
Leucineg	1.44	0	0	A	1		2.520		
Lysineg	2.25	0	0	A	1		3.938		
Methionineg	0.48	0	0	A	1		0.840		
Cystineg	0.27	0	0	A	1		0.472		
Phenylalanineg	0.69	0	0	A	1		1.207		
Tyrosineg	0.50	0	0	A	1		0.875		
Valineg	0.83	0	0	A	1		1.452		
Arginineg	1.24	0	0	A	1		2.170		
Histidineg	0.69	0	0	A	1		1.207		
Alanineg	0.89	0	0	A	1		1.557		
Aspartic acidg	1.26	0	0	A	1		2.205		
Glutamic acidg	3.05	0	0	A	1		5.337		
Glycineg	0.80	0	0	A	1		1.400		
Prolineg	1.06	0	0	A	1		1.855		
Serineg	0.69	0	0	A	1		1.207		
Hydroxyprolineg	0.00	0	1	A	1		0.000		

Common Measures:

Measure 1 = 175g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel family style Refuse:0%

		<u>Am ou</u>	nt in 100 gr			ble portio	<u>on</u>		edible portion easures of foo	
Nutrients and Un	its	Mean Sto	Num of D d.Error Po	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	42.61	0.843	6	A	1		43.88	15.34	
Energy	-	294	0.015	0	NC	4		303	106	
Energy		1231		0	NC	4		1268	443	
Protein		18.67	0.708	6	A	1		19.23	6.72	
Total lipid (fat)	-	15.41	0.297	6	A	1		15.87	5.55	
Ash		3.08	0.131	6	A	1		3.17	1.11	
	-	20.24	0.131	0	NC	4		20.85	7.29	
Carbohydrate, by difference		1.0	0 114	3	A.	1		20.85		
Fiber, total dietary			0.114						0.4	
Sugars, total		0.19		1	A	1		0.20	0.07	
Sucrose		0.09	0.009	3	A	1		0.09	0.03	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.10		1	A	1		0.10	0.04	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	20.73	0.762	3	A	1		21.36	7.46	
Minerals:										
	ma	10	0.460	_		1		12	4	
Calcium, Ca	_	12 0.58	0.468	6	A	1			4 0.21	
Iron, Fe	_		0.018	6	A	1		0.60		
Magnesium, Mg		29	0.714	6	A	1		30	10	
Phosphorus, P		275	10.576	6	A	1		283	99	
Potassium, K	_	330	10.853	6	A			339	119	
Sodium, Na	_	871	47.297	6	A	1		897	313	
Zinc, Zn	_	0.67	0.015	6	A	1 1		0.69	0.24	
Copper, Cu		0.069	0.002	6	A A	1		0.071	0.025	
Manganese, Mn		0.266 15.2	0.008 2.108	6 3	A	1		0.274 15.7	0.096 5.5	
Selenium, Se	µg	15.2	2.106	3	A	_		15.7	5.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.093	0.007	3	A	1		0.096	0.034	
Riboflavin	mg	0.137	0.003	3	A	1		0.141	0.049	
Niacin	mg	7.010	0.070	3	A	1		7.220	2.524	
Pantothenic acid	mg	1.390		2	A	1		1.432	0.500	
Vitamin B-6	g	0.444	0.010	3	A	1		0.458	0.160	
Folate, total	µg	7	1.192	3	A	1		7	2	
Folic acid	µg									
Folate, food	µg	7	1.192	3	A	1		7	2	
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.13	0.012	3	A	1		0.14	0.05	
Vitamin A, RAE	µg	2		0	AS	1		2	1	
Retinol	µg	2		1	A	1		2	1	
Carotene, beta	µg	2		1	A	1		2	1	
Carotene, alpha	µg	0		1	A	1		0	0	
Cryptoxanthin, beta	µg	1		1	A	1		1	0	
Vitamin A, IU	<u></u> J <u>U</u>	10		0	AS	1		10	4	
Lycopene	µg	0		1	A	1		0	0	
Lutein + zeaxanthin	µg	49		1	A	1		50	17	
Vitamin E (alpha-tocopherol)	mg	1.27	0.069	3	A	1		1.31	0.46	
Tocopherol, beta	mg	0.15	0.007	3	A	1		0.16	0.05	
Tocopherol, gamma	mg	7.05	0.515	3	A	1		7.26	2.54	
Tocopherol, delta	mg	2.51	0.239	3	A	1		2.58	0.90	
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta		0.11	0.055	3	A	1		0.11	0.04	
Tocotrienol, gamma		0.06	0.008	3	A	1		0.06	0.02	
Tocotrienol, delta		0.00	0.000	3	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D (D2 + D3)......µg Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U Vitamin K (phylloquinone)......µg 33.3 1 Α 1 34.4 12.0 A 1 0.0 0.0 Dihydrophylloquinone.....µg Menaquinone-4.....µg 5.9 1 Α 1 6.1 2.1 Lipids: Fatty acids, total saturated.....g 2.830 NC 2.914 1.019 0 4 0.000 0.000 3 1 0.000 0.000 4:0.....g Α 6:0.....g 0.000 0.000 3 Α 1 0.000 0.000 0.006 0.001 0.002 3 1 0.006 8:0.....g Α 0.003 0.000 3 A 1 0.003 0.001 0.002 0.001 3 12:0 a Α 1 0.002 0.001 13:0.....g 0.017 0.001 3 0.018 Α 1 0.006 14:0.....g 0.005 0.000 3 А 1 0.005 0.002 1.708 0.048 3 1 1.759 0.615 16:0......g Α 0.000 3 17:0.....g 0.015 Α 1 0.016 0.005 18:0......g 0.949 0.021 А 1 0.978 0.342 20:0.....g 0.051 0.001 3 Α 1 0.052 0.018 0.053 0.001 0.054 0.019 Α 1 0.001 0.020 3 Α 1 0.020 0.007 24:0.....g Fatty acids, total monounsaturated...........9 3.426 NC 4 3.529 1.233 0.001 3 14:1.....g 0.001 Α 1 0.001 0.000 0.000 0.000 3 Α 1 0.000 0.000 0.002 3 16:1 undifferentiated......g 0.038 AS 1 0.039 0.014 16:1 c.....g 0.038 0.002 А 1 0.039 0.014 0.000 16:1 t.....g 0.000 3 Α 1 0.000 0.000 0.000 17:1.....g 0.009 Α 1 0.009 0.003 0.133 3 18:1 undifferentiated......g 3.330 AS 1 3.430 1.199 0.132 18:1 c.....g 3.299 3 А 1 3.398 1.188 18:1 t.....g 0.031 0.001 3 Α 1 0.032 0.011 18:1-11 t (18:1t n-7).....g 0.047 0.004 3 0.048 0.017 Α 1 22:1 undifferentiated......g 0.002 0.001 1 3 AS 0.002 0.001 0.002 0.001 3 0.002 0.001 22:1 c.....g Α 1 0.000 0.000 0.000 22:1 t.....g 3 Α 1 0.000 0.000 24:1 c.....g 0.000 3 Α 1 0.000 0.000 8.142 0 NC 4 8.387 2.931 7.144 0.084 3 18:2 undifferentiated......g AS 1 7.358 2.572 0.072 3 7.028 7.239 2.530 18:2 n-6 c,c.....g Α 1 0.003 3 1 0.021 А 18:2 CLAs......g 0.021 0.007 18:2 t,t.....g 18:2 t not further defined......g 0.095 0.012 3 1 0.098 0.034 0.920 0.013 AS 1 0.947 0.331 18:3 undifferentiated......g 18:3 n-3 c,c,c (ALA).....g 0.851 0.022 3 Α 1 0.876 0.306 18:3 n-6 c,c,c.....g 0.069 0.009 3 0.071 0.025 Α 1 0.000 3 18:3i.....g 0.000 Α 1 0.000 0.000 0.000 0.000 Α 1 0.000 0.000 18:4.....g 0.011 0.001 3 Α 1 0.011 0.004 0.012 0.001 AS 0.012 0.004 1 0.001 3 20:3 n-3.....g 0.001 Α 1 0.001 0.000 0.010 0.001 3 А 1 0.011 0.004 20:3 n-6......g 20:4 undifferentiated......g 0.037 0.002 3 1 0.038 0.013 0.000 3 0.001 20:5 n-3 (EPA)......g Α 1 0.001 0.000 21:5.....g 0.001 3 0.011 0.012 0.004 22:4....g Α 1 22:5 n-3 (DPA)......g 0.003 0.000 3 Α 1 0.003 0.001 0.004 0.000 3 0.001 Α 1 0.004 22:6 n-3 (DHA)......g NC 4 0.130 0.045 Fatty acids, total trans......g 0.126 0

			Num be	r	Amount in edible portion of common measures of food				
Mean	Std		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
		0.0	0 0 956 3	NC NC A	4 4 1		0.032 0.098 43	0.011 0.034 15	
0.5 0.8 1.5 2.3 0.5 0.2 0.7 0.5 0.8 1.3 0.7	335 323 3554 336 325 341 335 348 362 367 378 388 393 375		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	A A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.212 0.551 0.848 1.600 2.406 0.540 0.275 0.763 0.551 0.912 1.388 0.784 0.996 1.378 3.392 0.901	0.074 0.193 0.296 0.559 0.841 0.189 0.096 0.267 0.193 0.319 0.485 0.274 0.348 0.482 1.186 0.315	
	0.0 0.2 42 0.2 0.5 0.8 1.5 2.3 0.5 0.2 0.7 0.5 0.8 1.3 0.7 0.9	0.031 0.095	0.031 0.095 42 0.5 0.206 0.535 0.823 1.554 2.336 0.525 0.267 0.741 0.535 0.885 1.348 0.762 0.967 1.338 3.293 0.875 1.153	Mean Std. Error Points 0.031 0.095 42 0.956 0 3 0.206 0.535 0.823 1.554 2.336 0.525 0.267 0.741 0.535 0.885 1.348 0.762 0.967 1.338 3.293 0.875 1.153 0.875 0 0.967 1.338 3.293 0.875 1.153 0.772 0	Mean Std. Error Points Code 0.031 0.095 42 0.956 0 3 NC NC NC NC NC NC NC NC NC NC NC NC NC N	Mean Std. Error Points Code Code 0.031 0 NC 4 0.095 0 NC 4 42 0.956 3 A 1 0.206 0 A 1 0.535 0 A 1 0.823 0 A 1 0.554 0 A 1 0.525 0 A 1 0.267 0 A 1 0.535 0 A 1 0.885 0 A 1 0.967 0 A 1 1.338 0 A 1 3.293 0 A 1 0.875 0 A 1 1.153 0 A 1 0.772 0 A 1	Mean Std. Error Points Code Code Code 0.031 0 NC 4 4 0.095 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 1 4 1 1 4 1 1 4 1 1 1 1 1 1	Mean Std. Error Points Code Code Code Measure 1 0.031 0.095 42 0 NC 0.095 3 4 0.098 42 0.095 3 0 0.212 0.535 0 0 0.212 0.535 0 0 0.255 0 0 0.255 0 0 0.240 0.2406 0.2336 0 0 0.2406 0.525 0 0 0.2406 0.267 0.267 0.741 0.267 0.741 0.267 0.741 0.267 0.741 0.267 0.741 0.275 0.741 0.275 0.741 0.275 0.741 0.275 0.741 0.275 0.741 0.275 0.741 0.275 0	Mean Std. Error Points Code Code Measure 1 Measure 2 0.031 0 NC 4 0.032 0.011 0.095 0 NC 4 0.098 0.034 42 0.956 3 A 1 0.212 0.074 0.535 0 A 1 0.551 0.193 0.823 0 A 1 0.848 0.296 1.554 0 A 1 0.600 0.559 2.336 0 A 1 2.406 0.841 0.525 0 A 1 0.540 0.189 0.267 0 A 1 0.763 0.267 0.535 0 A 1 0.763 0.267 0.535 0 A 1 0.763 0.267 0.540 0.191 0.763 0.267 0.348 1 0.763 0.267 0.535

Common Measures:

Measure 1 = 103g: 1 serving Measure 2 = 36g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel

		Ame	ount in 100	gram	s of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			N	lum be	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	72.18	0.69		A	1		120.54			
Energy		175		0	NC	4		292			
Energy	kJ	730		0	NC	4		1219			
Protein	g	0.89	0.02	29 6	A	1		1.48			
Total lipid (fat)	g	13.22		33 6	A	1		22.08			
Ash		0.70	0.03	L3 6	A	1		1.17			
Carbohydrate, by difference	g	13.01		0	NC	4		21.73			
Fiber, total dietary	g	1.6	0.20	02 3	A	1		2.8			
Sugars, total	g	11.07	0.42	23 3	A	1		18.49			
Sucrose	g	1.73	0.12	29 3	A	1		2.88			
Glucose (dextrose)		5.16	0.19	95 3	A	1		8.61			
Fructose		4.19	0.13	32 3	A	1		7.00			
Lactose		0.00	0.00	00 3	A	1		0.00			
Maltose		0.00	0.00	00 3	A	1		0.00			
Galactose	g	0.00	0.00	00 3	A	1		0.00			
Starch		0.00	0.00	00 3	A	1		0.00			
Minerals:											
Calcium, Ca		34	1.2		A	1		56			
Iron, Fe		0.29			A	1		0.48			
Magnesium, Mg		11	0.49		A	1		18			
Phosphorus, P		24	0.84		A	1		39			
Potassium, K		162	6.49		A	1		270			
Sodium, Na	-	110	2.13		A	1		183			
Zinc, Zn		0.16			A	1		0.26			
Copper, Cu		0.01			A	1		0.031			
Manganese, Mn		0.14 2.2	4 0.02	25 6 1	A A	1 1		0.240 3.7			
Selenium, Se	µg	2.2			А			3.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	14.2	3.59	97 3	A	1		23.8			
Thiamin		0.03	0.00	00 3	A	1		0.050			
Riboflavin	mg	0.05	2 0.00	01 3	A	1		0.087			
Niacin	mg	0.28	0 0.02	23 3	A	1		0.467			
Pantothenic acid		0.25		2	A	1		0.426			
Vitamin B-6		0.12	5 0.03	L1 3	A	1		0.209			
Folate, total	µg										
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE		43		0	AS	1		72			
Vitamin A, IU		777		0	AS	1		1298			
Lycopene		0		1	A	1		0			
Lutein + zeaxanthin		70		1	A	1		116			
Vitamin E (alpha-tocopherol)	-	0.97			A	1		1.63			
Tocopherol, beta		0.10			A	1		0.16			
Tocopherol, gamma		7.22			A	1		12.07			
Tocopherol, delta		2.22			A	1		3.71			
Tocotrienol, alpha		0.00			A	1		0.00			
Tocotrienol, beta		0.00			A	1		0.00			
Tocotrienol, gamma		0.04			A	1		0.07			
Tocotrienol, delta	-	0.00	0.00	00 3	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D	IL I										

	<u>Ar</u>	<u>noun</u>	nt in 100 gr Nun			ble porti	<u>on</u>		edible portion of easures of foo	
		0 . 1		Data	Deriv		Confidence Code			
Nutrients and Units	Mean	Sta	.Error Po	iiits	Code	Code	Code	Measure 1	Measure 2	Measure 3
DI 1 1 1 1 .			0.000	2		1		0.0		
Dihydrophylloquinone			0.000	3 3	A A	1 1		0.0		
Lipids:										
Fatty acids, total saturated	2.0	39		0	NC	4		3.405		
4:0	=	00	0.000	3	A	1		0.000		
6:0	0.0	00	0.000	3	A	1		0.000		
8:0			0.000	3	A	1		0.001		
10:0			0.001	3	A	1		0.004		
12:0	=	002	0.000	3	A	1		0.003		
13:0		111	0.001	3	A	1		0.018		
15:0	=		0.001	3	A	1		0.018		
16:0	=		0.122	3	A	1		2.245		
17:0			0.001	3	A	1		0.021		
18:0			0.050	3	A	1		0.935		
20:0		43	0.004	3	A	1		0.072		
22:0	0.0	44	0.004	3	A	1		0.074		
24:0		17	0.002	3	A	1		0.028		
Fatty acids, total monounsaturated		52		0	NC	4		4.595		
14:1	,		0.000	3	A	1		0.000		
15:1	•		0.000	3	A	1		0.000		
16:1 undifferentiated	=		0.001	3	AS	1 1		0.029		
16:1 c			0.001	3	A A	1		0.028 0.001		
17:1			0.000	3	A	1		0.001		
18:1 undifferentiated	•		0.237	3	AS	1		4.455		
18:1 c	=		0.235	3	A	1		4.444		
18:1 t	=	06	0.002	3	A	1		0.011		
18:1-11 t (18:1t n-7)										
20:1	0.0	59	0.017	3	A	1		0.099		
22:1 undifferentiated			0.002	3	AS	1		0.003		
22:1 c			0.001	3	A	1		0.001		
22:1 t			0.001	3	A	1		0.002		
24:1 c	=		0.000	3 0	A	1 4		0.000 12.454		
Fatty acids, total polyunsaturated	7.4 1 6.5		0.628	3	NC AS	1		10.922		
18:2 n-6 c,c			0.616	3	A	1		10.770		
18:2 CLAs			0.002		A	1		0.024		
18:2 t,t	3									
18:2 i)									
18:2 t not further defined	0.0	76	0.010	3	A	1		0.127		
18:3 undifferentiated	=		0.080	3	AS	1		1.498		
18:3 n-3 c,c,c (ALA)			0.070	3	A	1		1.387		
18:3 n-6 c,c,c			0.010	3	A	1		0.110		
18:3i			0.001	3 3	A A	1 1		0.001		
18:4			0.000	3	A	1		0.001 0.012		
20:3 undifferentiated			0.001	3	AS	1		0.012		
20:3 n-3			0.001	3	A	1		0.001		
20:3 n-6	=		0.000	3	A	1		0.000		
20:4 undifferentiated			0.002	3	A	1		0.020		
20:4 n-6	=									
20:5 n-3 (EPA)	0.0	00	0.000	3	A	1		0.000		
21:5										
22:4			0.000	3	A	1		0.000		
22:5 n-3 (DPA)			0.000	3	A	1		0.000		
22:6 n-3 (DHA)			0.000	3 0	A NC	1 4		0.000		
Fatty acids, total trans				0	NC NC	4		0.141 0.013		
Fatty acids, total trans-monoenoic				0	NC	4		0.129		
Cholesterol				1	A	1		18		
Phytosterols						_		-		

	Amount in	Numbe	r	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Err			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.010	0	A	1		0.017		
Threonineg	0.020	0	A	1		0.033		
Isoleucineg	0.030	0	A	1		0.050		
Leucineg	0.040	0	A	1		0.067		
Lysineg	0.060	0	A	1		0.100		
Methionineg	0.010	0	A	1		0.017		
Cystineg	0.010	0	A	1		0.017		
Phenylalanineg	0.030	0	A	1		0.050		
Tyrosineg	0.020	0	A	1		0.033		
Valineg	0.040	0	A	1		0.067		
Arginineg	0.080	0	A	1		0.133		
Histidineg	0.020	0	A	1		0.033		
Alanineg	0.040	0	A	1		0.067		
Aspartic acidg	0.070	0	A	1		0.117		
Glutamic acidg	0.100	0	A	1		0.167		
Glycineg	0.030	0	A	1		0.050		
Proline	0.070	0	A	1		0.117		
Serineg	0.040	0	A	1		0.067		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 167g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel family style Refuse:0%

		<u>Am</u>	ount in 10			ble porti	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u></u>	easures or roc	<u> </u>
Nutrients and Un	its	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.0	18	1	A	1		68.66		
Energy	-	287		0	NC	4		428		
Energy		1201		0	NC	4		1789		
Protein		12.6	2	1	A	1		18.81		
Total lipid (fat)	=	16.7	7	1	А	1		24.99		
Ash		3.1		1	A	1		4.66		
Carbohydrate, by difference		21.4		0	NC	4		31.88		
Fiber, total dietary		0.3		1	A	1		0.5		
Sugars, total				_		_				
Starch		20.0	10	1	A	1		29.80		
Starcii	9	20.0		-		-		23.00		
Minerals:		40		_	_					
Calcium, Ca	-	43		1	A	1		64		
Iron, Fe		1.5	3	1	A	1 1		2.28		
Magnesium, Mg	-	19 210		1 1	A A	1		28 313		
Phosphorus, P		210 86		1	A	1		128		
Potassium, K Sodium, Na	-	1050		1	A	1		1565		
Zinc, Zn	-	0.8	10	1	A	1		1.19		
Copper, Cu	-	0.1		1	A	1		0.159		
Manganese, Mn		0.4		1	A	1		0.608		
Selenium, Se	-	•••	.00	_		-		0.000		
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin		0.1		1	A	1		0.164		
Riboflavin		0.0		1	A	1		0.127		
Niacin		0.8	370	1	A	1		1.296		
Pantothenic acid	-				_	1		0.000		
Vitamin B-6		0.0	000	1	A	_		0.098		
Folate, totalFolate, DFE										
Choline, total										
Betaine	-									
Vitamin B-12	-	0.6	9	1	A	1		1.03		
Vitamin A, RAE		1		0	AS	1		2		
Vitamin A, IU		5		0	AS	1		7		
Lycopene		_		-		_		•		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg	1.8	8	1	A	1		2.80		
Tocopherol, beta		0.2	:5	1	A	1		0.37		
Tocopherol, gamma		8.4	.9	1	A	1		12.66		
Tocopherol, delta		3.2	8	1	A	1		4.88		
Tocotrienol, alpha		0.0	0	1	A	1		0.00		
Tocotrienol, beta		0.0	0	1	A	1		0.00		
Tocotrienol, gamma		0.0	0	1	A	1		0.00		
Tocotrienol, delta		0.0	0	1	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.0	64	0	NC	4		4.565		
4:0		0.0		1	A	1		0.000		
6:0		0.0	00	1	A	1		0.000		
8:0		0.0		1	A	1		0.009		

	An	ount in 1	00 grams	of edi	ble porti	<u>ion</u>	Amount in e	edible portion	of common
			Number					easures of foo	
					Source	Confidence	_		
Nutrients and Units	Mean	Std. Erro	or Points			Code	Measure 1	Measure 2	Measure 3
10:0	=		1	A	1		0.010		
12:0	-	02	1	A	1		0.003		
13:0	-	0.2		_					
14:0	=		1 1	A A	1 1		0.034 0.009		
16:0	-		1	A	1		2.624		
17:0	•		1	A	1		0.034		
18:0	=	.05	1	A	1		1.646		
20:0	g 0.0	57	1	A	1		0.085		
22:0	g 0.0	54	1	A	1		0.080		
24:0		20	1	A	1		0.030		
Fatty acids, total monounsaturated			0	NC	4		5.642		
14:1			1	A	1		0.000		
15:1	=		1	A	1		0.000		
16:1 undifferentiated			0 1	AS A	1 1		0.043		
16:1 c	=		1	A	1		0.040 0.003		
10:1 t	-		1	A	1		0.003		
18:1 undifferentiated	-		0	AS	1		5.483		
18:1 c	•		1	A	1		5.368		
18:1 t	=	77	1	A	1		0.115		
18:1-11 t (18:1t n-7)									
20:1	g 0.0	68	1	A	1		0.101		
22:1 undifferentiated	g 0.0	00	0	AS	1		0.000		
22:1 c	g 0.0	00	1	A	1		0.000		
22:1 t	-		1	A	1		0.000		
24:1 c			1	A	1		0.000		
Fatty acids, total polyunsaturated			0	NC	4		12.693		
18:2 undifferentiated			0	AS	1		11.060		
18:2 n-6 c,c	=		1 1	A A	1 1		10.987 0.024		
18:2 CLAs	9	10	1	A	1		0.024		
18:2 i	-								
18:2 t not further defined	-	33	1	A	1		0.049		
18:3 undifferentiated	-	54	0	AS	1		1.421		
18:3 n-3 c,c,c (ALA)	g 0.9	18	1	A	1		1.368		
18:3 n-6 c,c,c	g 0.0	36	1	A	1		0.053		
18:3i	•		1	A	1		0.000		
18:4	-		1	A	1		0.000		
20:2 n-6 c,c	•		1	A	1		0.016		
20:3 undifferentiated	=		0	AS	1		0.003		
20:3 n-3			1 1	A	1		0.003		
20:3 n-6			1	A A	1 1		0.000		
20:4 undifferentiated		19	1	А	1		0.028		
20:5 n-3 (EPA)	=	54	1	A	1		0.080		
21:5	•	-	_		_		0.000		
22:4	=	00	1	A	1		0.000		
22:5 n-3 (DPA)	=	02	1	A	1		0.003		
22:6 n-3 (DHA)	g 0.0	54	1	A	1		0.080		
Fatty acids, total trans		12	0	NC	4		0.167		
Fatty acids, total trans-monoenoic	g 0.0	79	0	NC	4		0.118		
Fatty acids, total trans-polyenoic		33	0	NC	4		0.049		
Cholesterol			1	A	1		132		
Phytosterols	mg								
Amino Acids:			_		_				
Tryptophan			0	A	1		0.221		
Threonine	=		0	A	1		0.599		
Isoleucine	=		0	A	1		0.772		
Leucine			0	A A	1 1		1.402 1.087		
Lysine	•		0	A A	1		0.441		
Cystine	•		0	A	1		0.252		
C, 54110			•		-				

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				onfidence Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.539	0	A	1		0.804		
Tyrosineg	0.338	0	A	1		0.504		
Valineg	0.560	0	A	1		0.835		
Arginineg	0.804	0	A	1		1.197		
Histidineg	0.233	0	A	1		0.347		
Alanineg	0.613	0	A	1		0.914		
Aspartic acidg	1.058	0	A	1		1.576		
Glutamic acidg	2.549	0	A	1		3.798		
Glycineg	0.539	0	A	1		0.804		
Prolineg	0.687	0	A	1		1.024		
Serineg	0.508	0	A	1		0.756		
Hydroxyprolineg								

Common Measures:

Measure 1 = 149g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel family style Refuse:0%

	Amoun	t in 100 gr			ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean Std	Nun of I Error Po.	Data	Deriv	Source (Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	~	50.20	1 500	_	_			02.10		
Water	_	52.32	1.588	5 0	A	1 4		93.12	64.87	
Energy		266 1115		0	NC NC	4		474 1985	330	
Energy Protein		22.94	0.696	5	A A	1		40.83	1382 28.44	
	-	17.05	0.814	4	A	1		30.35	28.44	
Total lipid (fat)		2.38	0.119	5	A	1		4.24	21.15	
Ash		5.31	0.119	0	NC	4		9.46	6.59	
Carbohydrate, by difference		1.6		1	A.	1		2.8		
Fiber, total dietary		1.0		1	A	1		2.0	2.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	_	43	5.688	5	A	1		76	53	
Iron, Fe	_	0.71	0.012	5	A	1		1.26	0.87	
Magnesium, Mg		34	0.826	5	A	1		61	42	
Phosphorus, P	_	470	32.759	5	A	1		836	583	
Potassium, K		434	9.282	5	A	1		773	539	
Sodium, Na	_	414	32.388	5	A	1		736	513	
Zinc, Zn	_	0.94	0.026	5	A	1		1.66	1.16	
Copper, Cu		0.048	0.002	5 5	A A	1 1		0.085	0.059	
Manganese, Mn		0.075 0.0	0.004 0.001		A	1		0.133 0.0	0.093 0.0	
Selenium, Se	µg	0.0	0.001	5	А	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	_									
Thiamin	_	0.112		1	A	1		0.199	0.139	
Riboflavin	_	0.090		1	A	1		0.160	0.112	
Niacin	_	3.060		1	A	1		5.447	3.794	
Pantothenic acid	_	0.610		1 1	A	1		1.086	0.756	
Vitamin B-6	_	0.182		1	A	1		0.324	0.226	
Folate, totalFolate, DFE										
Choline, total										
Betaine	_									
Vitamin B-12	_	3.10		1	A	1		5.52	3.84	
Vitamin A, RAE		0		0	AS	1		0	0	
Vitamin A, IU		0		0	AS	1		0	0	
Lycopene								-	-	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D		A. =			_	-		4.		
Vitamin K (phylloquinone)		24.7		1 1	A A	1 1		44.0	30.6	
Dihydrophylloquinone Menaquinone-4		0.0 0.0		1	A A	1		0.0	0.0 0.0	
-		•••		-		_		0.0	0.0	
Lipids:		2.245		_		,				
Fatty acids, total saturated		3.249		0	NC	4		5.783	4.029	
4:0										
6:0	-	0 005	0 001	-		1		0.010	0.000	
8:0 10:0	-	0.007 0.005	0.001	5	A A	1 1		0.013 0.008	0.009 0.006	
	u	0.005	0.000		А	1		0.008	0.006	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 13:0......g 0.002 5 0.049 0.086 0.060 14:0.....g Α 1 0.006 0.000 5 1 0.011 0.008 15:0......g 0.069 5 2.027 Α 1 3.607 2.513 16:0.....g 17:0.....g 0.018 0.001 5 А 1 0.033 0.023 0.048 5 1.003 18·0 1 1.785 1.244 Α 20:0.....g 0.051 0.002 5 0.091 0.064 0.002 5 0.048 Α 1 0.085 0.059 22:0.....g 0.020 0.001 5 A 1 0.035 0.024 Fatty acids, total monounsaturated......g 4.577 NC 8.148 5,676 14:1.....g 0.001 0.000 5 Α 1 0.002 0.001 0.000 5 0.000 1 0.000 0.000 Α 15:1.....g 16:1 undifferentiated......g 0.084 0.007 5 AS 1 0.149 0.104 0.081 0.007 5 0.143 0.100 16:1 c.....g Α 1 0.003 0.001 5 Α 1 0.006 0.004 16:1 t......g 0.000 0.000 5 А 1 0.000 0.000 17:1.....g 4.354 0.089 5 1 7.750 5.399 18:1 undifferentiated......g AS 4.267 0.084 5 7.596 5.291 1 18:1 c......g Α 0.087 0.030 5 1 0.155 0.108 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.006 5 20:1.....g 0.129 Α 1 0.229 0.160 0.006 0.000 5 0.011 0.007 AS 1 0.000 5 0.006 A 1 0.011 0.007 22:1 c.....g 0.000 0.000 Α 1 0.000 0.000 22:1 t......q 0.004 0.001 5 Α 1 0.006 0.004 24:1 c.....g Fatty acids, total polyunsaturated......g 7.612 NC 13.549 9.438 6.662 0.368 5 AS 1 11.858 8.260 6.532 0.359 5 Α 1 11.626 8.099 18:2 n-6 c,c.....g 18:2 CLAs......g 0.028 0.002 5 А 1 0.049 0.034 18:2 t.t.....g 18:2 i.....g 0.102 0.007 5 0.182 0.127 18:2 t not further defined.....g А 1 0.034 5 0.692 18:3 undifferentiated......g AS 1 1.231 0.858 0.679 0.035 18:3 n-3 c,c,c (ALA)......g Α 1.209 0.842 0.001 5 0.016 0.013 1 0.023 18:3 n-6 c,c,c....g Α 18:3i.....g 0.003 0.000 5 1 0.006 0.004 18:4......g Α 20:2 n-6 c,c.....g 0.033 0.001 5 Α 1 0.058 0.041 0.049 0.002 5 0.088 0.061 AS 1 20:3 undifferentiated.....g 20:3 n-3.....g 0.003 0.000 5 A 1 0.005 0.004 0.046 0.002 5 1 0.082 0.057 20:3 n-6 Α 20:4 undifferentiated......g 0.061 0.003 5 1 0.109 0.076 20:4 n-6.....g 0.011 0.002 5 А 1 0.020 0.014 20:5 n-3 (EPA)......g 21:5.....g 0.016 0.001 5 22:4.....g Α 1 0.028 0.020 22:5 n-3 (DPA).....g 0.015 0.001 Α 1 0.026 0.018 0.008 22:6 n-3 (DHA)......g 0.067 5 Α 1 0.119 0.083 0.193 NC 0.343 0.239 Fatty acids, total trans-monoenoic......g 0.090 ٥ NC 4 0.161 0.112 Fatty acids, total trans-polyenoic.......g 0.102 0 NC 4 0.182 0.127 0.981 5 Cholesterol....mg 67 Α 1 119 83 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.250 0 A 1 0.445 0.310 Threonine.....g 1.050 0 Α 1 1.869 1.302 Isoleucine......g 1.100 А 1 1.958 1.364 Leucine.....g 1.920 n Α 1 3.417 2.381 Lysine.....g 2.200 0 Α 1 3.916 2.728 Methionine.....g 0.660 0 Α 1 1,175 0.818 Cystine.....g 0.230 A 1 0.409 0.285 Phenylalanine.....g 0.950 0 A 1 1.691 1.178 Tyrosine.....g 0.730 А 1 1,299 0.905

	Amount in 1	100 grams	Amount in edible portion of common				
		Number			measures of food		
Nutrients and Units	Mean Std. Erro	of Data or Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Valineg	2.050	0	A	1	3.649	2.542	
Arginineg	1.460	0	A	1	2.599	1.810	
Histidineg	0.510	0	A	1	0.908	0.632	
Alanineg	1.360	0	A	1	2.421	1.686	
Aspartic acidg	2.360	0	A	1	4.201	2.926	
Glutamic acidg	3.610	0	A	1	6.426	4.476	
Glycineg	1.140	0	A	1	2.029	1.413	
Prolineg	0.910	0	A	1	1.620	1.128	
Serineg Hydroxyprolineg	0.940	0	A	1	1.673	1.165	

Common Measures:

Measure 1 = 178g: 1 serving Measure 2 = 124g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel family style Refuse:0%

		<u>Am oun</u>	t in 100 gr Nun			ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean Std		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	~	59.40	0.582	_		1		89.70		
Water Energy	_	203	0.562	6 0	A NC	4		306		
63		848		0	NC	4		1280		
Energy		31.52	0.596	6	A.	1		47.60		
Protein	-	8.52		6	A	1		12.87		
Total lipid (fat)			0.260	6		1				
Ash		1.64	0.060		A			2.48		
Carbohydrate, by difference		0.00		0	NC	4		0.00		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.237	6	A	1		10		
Iron, Fe	_	2.75	0.069	6	A	1		4.16		
Magnesium, Mg	mg	28	0.676	6	A	1		42		
Phosphorus, P	<u>mg</u>	249	6.266	6	A	1		376		
Potassium, K	mg	408	8.686	6	A	1		617		
Sodium, Na	<u>mg</u>	180	40.100	6	A	1		272		
Zinc, Zn	mg	5.42	0.209	6	A	1		8.19		
Copper, Cu	mg	0.112	0.003	6	A	1		0.169		
Manganese, Mn	mg	0.020	0.003	6	A	1		0.030		
Selenium, Se	µg	31.8	1.474	3	A	1		48.0		
Vitamins:										
Vitamin C, total ascorbic acid	mq									
Thiamin	_	0.089	0.002	3	A	1		0.135		
Riboflavin		0.350	0.020	3	A	1		0.529		
Niacin		6.403	0.415	3	A	1		9.669		
Pantothenic acid		0.770		2	A	1		1.163		
Vitamin B-6	mg	0.691	0.022	3	A	1		1.043		
Folate, total	µg									
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	3.00	0.200	3	A	1		4.53		
Vitamin A, RAE	µg	7		0	AS	1		10		
Vitamin A, IU	<u>I</u> U	23		0	AS	1		34		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.46	0.020	3	A	1		0.69		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma	mg	0.15	0.027	3	A	1		0.23		
Tocopherol, delta		0.03	0.018	3	A	1		0.05		
Tocotrienol, alpha	mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D				_	_	_				
Vitamin K (phylloquinone)		1.0		1	A	1		1.6		
Dihydrophylloquinone		0.9		1	A	1		1.3		
Menaquinone-4	µg	3.5		1	A	1		5.2		
Lipids:										
Fatty acids, total saturated	g	3.045		0	NC	4		4.598		
4:0		0.000	0.000	3	A	1		0.000		
6:0	-	0.000	0.000	3	A	1		0.000		
8:0	-	0.000	0.000		A	1		0.000		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.008 0.001 3 0.012 10:0.....g 0.001 3 12:0 a 0.006 Α 1 0.010 13:0.....g 0.021 3 0.185 1 0.279 14:0.....g Α 15:0.....g 0.033 0.003 3 А 1 0.050 1.705 0.111 3 16·0 a 1 2.574 Α 17:0.....g 0.093 0.003 3 0.140 0.060 3 0.996 Α 1 1.504 18:0.....g 20:0.....g 0.008 0.001 3 A 1 0.012 0.007 0.000 3 0.011 22:0.....g Α 1 24:0.....g 0.004 0.000 3 Α 1 0.006 Fatty acids, total monounsaturated......g 3.405 0 NC 4 5.141 0.044 0.005 3 A 1 0.066 14:1.....g 0.000 0.000 3 0.000 Α 1 15:1.....g 0.229 0.006 3 AS 1 0.346 0.206 0.006 3 А 1 16:1 c.....g 0.310 0.023 0.001 3 Α 1 0.035 16:1 t.....g 0.064 0.002 3 0.097 Α 1 18:1 undifferentiated......g 3.042 0.091 3 1 4.593 AS 18:1 c.....g 2.677 0.067 А 1 4.043 0.365 0.049 3 1 0.551 18:1 t.....g Α 18:1-11 t (18:1t n-7)......g 0.026 0.003 3 A 1 0.039 20:1.....g 0.000 0.000 AS 1 0.001 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 A 1 0.000 0.000 0.000 3 0.001 22:1 t.....g Α 1 0.000 3 24:1 c.....g 0.000 Α 1 0.000 Fatty acids, total polyunsaturated............g 0.742 0 NC 4 1.121 18:2 undifferentiated......g 0.556 0.056 3 AS 1 0.839 0.057 3 0.486 Α 1 0.734 18:2 n-6 c.c....g 18:2 CLAs.....g 0.032 0.001 3 1 0.049 18:2 t,t.....g 18:2 i.....g 0.037 0.005 3 0.056 18:2 t not further defined......g 1 0.007 3 0.037 0.056 18:3 undifferentiated.....g AS 1 0.035 0.007 3 1 18:3 n-3 c,c,c (ALA).....g Α 0.052 0.001 3 0.002 18:3 n-6 c,c,c.....g 0.003 Α 1 18:3i.....g 0.000 0.000 3 1 0.001 0.000 3 0.000 18:4.....g Α 1 0.000 20:2 n-6 c,c.....g 0.005 0.001 3 A 1 0.008 0.025 0.001 3 20:3 undifferentiated......g AS 0.038 1 20:3 n-3.....g 0.000 0.000 3 Α 1 0.000 0.001 3 0.025 1 Α 0.038 20:3 n-6.....g 0.077 0.003 3 1 20:4 undifferentiated......g 0.116 20:4 n-6.....g 0.009 0.001 3 Α 1 0.014 20:5 n-3 (EPA)......g 21:5.....g 22:4.....g 0.001 3 0.009 Α 1 0.014 22:5 n-3 (DPA).....g 0.022 0.002 3 0.034 Α 1 0.001 0.002 3 Α 1 0.003 0.426 0 NC 4 0.643 Fatty acids, total trans-monoenoic......g 0.388 0 NC 4 0.586 0.037 NC 4 0.056 Fatty acids, total trans-polyenoic.......g 0 3.094 3 87 Cholesterol....mg Α 1 132 Phytosterols.....mg Amino Acids: 0.410 1 0.619 Tryptophan.....g Α Threonine.....g 1.523 0 A 1 2.300 Isoleucine.....g 1.618 0 Α 1 2.443 Leucine.....g 2.795 0 А 1 4.220 Lysine.....g 3.100 A 1 4.680 Methionine.....g 0.830 0 A 1 1.253 Cystine.....g 0.315 Α 1 0.476

	Amount in 1	00 grams	of edi	ble portio	<u>on</u>	Amount in edible portion of co			
Nutrients and Units	Mean Std.Erro		Deriv		Confidence Code	<u>m</u> Measure 1	easures of foo	od Measure 3	
Phenylalanineg	1.376	0	A	1		2.078			
Tyrosineg	1.145	0	A	1		1.729			
Valineg	2.889	0	A	1		4.363			
Arginineg	2.238	0	A	1		3.379			
Histidineg	1.219	0	A	1		1.840			
Alanineg	1.923	0	A	1		2.903			
Aspartic acidg	3.142	0	A	1		4.744			
Glutamic acidg	5.127	0	A	1		7.742			
Glycineg	1.502	0	A	1		2.269			
Prolineg	1.345	0	A	1		2.031			
Serineg	1.271	0	A	1		1.920			
Hydroxyprolineg									

Common Measures:

Measure 1 = 151g: 1 steak

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36040 CRACKER BARREL, macaroni n' cheese

Cracker Barrel macaroni and cheese, family style

		<u>Am ou</u>	nt in 100 gr		of edi	<u>l</u>		edible portion		
			Num	nber				<u>m</u>	easures of foo	<u>oa</u>
			of I	Data	Deriv	Source C	onfidence			
Nutrients and Uni	its	Mean St	d.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	64.53	1.503	6	A	1		112.92	96.15	
Water		194	1.505	0	NC	4		340	289	
Energy		812		0	NC	4		1421		
Energy		6.49	0.254	6	A	1		11.36	1210 9.67	
Protein	-			6		1				
Total lipid (fat)		11.75 1.62	0.421 0.046	6	A	1		20.57 2.84	17.51	
Ash		1.62	0.046	0	A	4		2.84	2.42	
Carbohydrate, by difference		15.61	0 141		NC	1		1.9	23.25	
Fiber, total dietary			0.141	3	A				1.6	
Sugars, total		2.83	0.088	3	A	1 1		4.96	4.22	
Sucrose		0.00	0.000	3	A			0.00	0.00	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose		2.70	0.058	3	A	1		4.72	4.02	
Maltose		0.13	0.033	3	A	1		0.23	0.20	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch	g	12.17	0.636	3	A	1		21.29	18.13	
Minerals:		145	F 21 F	_	_			053	01.6	
Calcium, Ca		145	5.315	6	A	1		253	216	
Iron, Fe		0.57	0.038	6	A	1 1		1.00	0.85	
Magnesium, Mg		17 202	0.733 7.233	6 6	A A	1		29 353	25 300	
Phosphorus, P		127	4.400	6	A	1		222	189	
Potassium, K Sodium, Na		375	11.846	6	A	1		655	558	
Zinc, Zn		0.83	0.033	6	A	1		1.45	1.24	
Copper, Cu		0.061	0.002	6	A	1		0.106	0.091	
Manganese, Mn		0.130	0.009	6	A	1		0.227	0.194	
Selenium, Se		16.9	0.404	3	A	1		29.6	25.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.097	0.013	3	A	1		0.169	0.144	
Riboflavin	mg	0.247	0.015	3	A	1		0.432	0.367	
Niacin	mg	0.710	0.031	3	A	1		1.242	1.058	
Pantothenic acid	mg	0.470		2	A	1		0.822	0.700	
Vitamin B-6	mg	0.060	0.002	3	A	1		0.105	0.089	
Folate, total	µg	28	5.656	3	A	1		49	41	
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12		0.19	0.037		A	1		0.34	0.29	
Vitamin A, RAE		61		0	AS	1		106	91	
Vitamin A, IU		230		0	AS	1		403	343	
Lycopene		0		1	A	1		0	0	
Lutein + zeaxanthin		47		1	A	1		82	70	
Vitamin E (alpha-tocopherol)		0.73	0.047	3	A	1		1.27	1.08	
Tocopherol, beta		0.09	0.003	3	A	1		0.15	0.13	
Tocopherol, gamma		4.21	0.132	3	A	1		7.37	6.28	
Tocopherol, delta		1.39	0.040	3	A	1		2.44	2.07	
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta		0.17	0.084	3	A	1		0.29	0.25	
Tocotrienol, gamma		0.02	0.018	3	A	1		0.03	0.03	
Tocotrienol, delta		0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µy									

Threonine......g

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 4.178 0 NC 7.312 6.226 4:0.....g 0.112 0.006 3 Α 1 0.196 0.167 6:0.....g 0.089 0.004 Α 0.156 0.133 0.003 3 0.056 0.083 8:0.....g Α 1 0.098 10:0.....g 0.137 0.007 3 Α 1 0.239 0.204 0.007 3 12:0.....g 0.159 Α 1 0.278 0.237 13:0.....g 0.022 3 0.522 0.913 0.777 14:0.....g Α 1 0.056 0.002 3 1 Α 0.097 0.083 2.122 0.091 3 3.713 3,161 16:0.....g Α 1 17:0.....g 0.040 0.001 3 1 0.069 0.059 0.816 0.044 3 1.428 1.216 Α 1 18:0.....g 0.030 0.001 3 А 1 0.053 0.045 0.029 0.001 3 Α 1 0.050 0.043 22:0.....g 0.012 0.001 3 0.021 0.018 24:0.....g А 1 NC 2.813 0 4 4.923 4.191 14:1.....g 0.052 0.002 3 Α 1 0.091 0.077 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.092 0.005 3 AS 1 0.161 0.137 0.073 0.003 Α 1 0.128 0.109 16:1 c......g 0.019 0.001 3 А 1 0.034 0.029 16:1 t.....g 0.014 0.001 3 0.025 1 0.021 17:1.....g Α 18:1 undifferentiated......g 2.604 0.122 3 AS 1 4.556 3.879 0.115 4.321 3.679 2.469 3 Α 1 18:1 c.....g 0.134 0.007 3 Α 1 0.235 0.200 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.002 3 0.051 Α 1 0.090 0.076 20:1.....g 0.000 0.000 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 3.941 NC 4 6.897 5.872 0.164 18:2 undifferentiated......g 3.453 3 AS 1 6.042 5.144 3.349 0.158 3 A 1 5.861 4.990 18:2 n-6 c.c....g 0.002 3 18:2 CLAs......g 0.035 1 0.061 0.052 18:2 t,t.....g 18:2 i.....g 0.068 0.006 3 1 0.120 0.102 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.020 3 0.448 0.784 0.667 1 AS 18:3 n-3 c,c,c (ALA)......g 0.424 0.019 3 A 1 0.741 0.631 0.024 0.002 3 0.043 0.036 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 0.000 18:3i.....g 1 0.001 0.001 3 А 1 0.001 0.001 18:4.....g 0.004 0.000 3 Α 1 0.008 0.006 20:2 n-6 c,c.....g 0.009 0.001 3 0.016 0.014 20:3 undifferentiated.....g AS 1 0.000 0.000 3 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.009 3 Α 1 0.015 0.013 20:3 n-6.....g 0.015 0.001 3 1 0.022 20:4 undifferentiated......g Α 0.026 20:4 n-6.....g 0.002 0.001 3 А 1 0.004 0.003 20:5 n-3 (EPA)......g 21:5......g 0.004 0.000 3 22:4.....g Α 1 0.008 0.006 22:5 n-3 (DPA).....g 0.004 0.001 3 0.007 0.006 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.222 0 NC 4 0.388 0.331 Fatty acids, total trans-monoenoic......g 0.154 0 NC 4 0.269 0.229 0.068 NC 0.120 0.102 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 18 0.463 3 Α 1 31 27 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.070 1 0.123 0.104 Α 0.180 0 Α 1 0.315 0.268

	ble portion	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Isoleucineg	0.310	0	A	1	0.543	0.462	
Leucineg	0.660	0	A	1	1.155	0.983	
Lysineg	0.590	0	A	1	1.032	0.879	
Methionineg	0.170	0	A	1	0.298	0.253	
Cystineg	0.100	0	A	1	0.175	0.149	
Phenylalanineg	0.380	0	A	1	0.665	0.566	
Tyrosineg	0.260	0	A	1	0.455	0.387	
Valineg	0.380	0	A	1	0.665	0.566	
Arginineg	0.290	0	A	1	0.507	0.432	
Histidineg	0.220	0	A	1	0.385	0.328	
Alanineg	0.200	0	A	1	0.350	0.298	
Aspartic acidg	0.380	0	A	1	0.665	0.566	
Glutamic acidg	1.850	0	A	1	3.238	2.757	
Glycineg	0.190	0	A	1	0.332	0.283	
Prolineg	0.840	0	A	1	1.470	1.251	
Serineg	0.360	0	A	1	0.630	0.536	
Hydroxyprolineg	0.000	1	A	1	0.000	0.000	

Common Measures:

Measure 1 = 175g: 1 serving Measure 2 = 149g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel family style Refuse:0%

of Data Deriv Source Confidence			Amou	unt in 100 gr			ble portio	<u>on</u>		edible portion easures of fo	
Proximates:									<u>m</u>	easures or to	<u> </u>
Proximates: Water								Confidence			
Water.	Nutrients and Ur	nits	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water											
Energy		a	64.80	1.498	6	A	1		166.53	96.55	
Energy		_									
Protein.											
Total pind (fish)				0.203							
Ash.											
Carbohydrate, by difference											
Fiber, total dictary				0.050							
Sugars, total	• • •			0 097							
Sucrose											
Silve Colestrose 9	=										
Fructose											
Lactose											
Maltose											
Minerals:											
Minerals:	Maltose	<u>g</u>									
Minerals:											
Calcium, Ca	Starch	g	11.70	1.106	3	A	1		30.07	17.43	
гол, Fe.											
Magnesium, Mg. mg 17 0.749 6 A 1 42 25 Phosphorus, P. mg 202 5.974 6 A 1 520 301 Prosphorus, R. mg 125 1.887 6 A 1 320 186 Sodium, Na. mg 374 7.428 6 A 1 962 588 Zinc, Zn. mg 0.083 3.037 6 A 1 0.153 0.083 Copper, Cu. mg 0.060 0.003 6 A 1 0.153 0.084 Manganese, Mn. mg 0.127 0.009 6 A 1 0.123 0.082 Manganese, Mn. mg 0.162 1.058 3 A 1 0.124 0.134 Sclenium, Sc. ug 0.162 0.053 0.012 3 A 1 0.024 0.133 Witamin C, total ascorbic acid mg	,	-			6						
Phosphorus, P. mg 202 5.974 6 A 1 520 301 Potassiun, K. mg 125 1.857 6 A 1 320 186 Sodium, Na. mg 374 7.428 6 A 1 962 558 Zinc, Zn. mg 0.83 0.037 6 A 1 0.153 0.083 Zinc, Zn. mg 0.060 0.003 6 A 1 0.153 0.083 Zinc, Zn. mg 0.060 0.003 6 A 1 0.153 0.083 Zinc, Zn. mg 0.062 1.058 3 A 1 0.153 0.083 Selenium, Se. µg 16.2 1.058 3 A 1 0.162 0.132 Vitamins C, total ascorbic acid. mg 0.093 0.012 3 A 1 0.240 0.133 Riboflavia. mg 0.243 <	Iron, Fe	mg			6						
Potassium, K.											
Sodium, Na. mg 374 7.428 6 A 1 962 558 Zinc, Zn. mg 0.83 0.037 6 A 1 2.12 1.23 0.088 Copper, Cu. mg 0.060 0.003 6 A 1 0.153 0.088 Manganese, Mn. mg 0.127 0.009 6 A 1 0.327 0.188 Selenium, Se. µg 16.2 1.058 3 A 1 0.327 0.188 Selenium, Se. µg 16.2 1.058 3 A 1 0.327 0.188 Selenium, Se. µg 0.093 0.012 3 A 1 0.240 0.138 Vitamin C, total ascorbic acid. mg 0.077 0.088 3 A 1 0.625 0.366 Niacin. mg 0.450 2 A 1 1.156 0.67 Vitamin B-6. mg 0	•										
Zinc, Zn	,	-									
Copper, Cu mg 0.060 0.003 6 A 1 0.153 0.085 Manganese, Mn mg 0.127 0.009 6 A 1 0.1327 0.185 Vitamin, Se. µg 16.2 1.058 3 A 1 41.6 24.1 Vitamin Se. Upg 16.2 1.058 3 A 1 41.6 24.1 Vitamin C, total ascorbic acid. mg 0.093 0.012 3 A 1 0.240 0.133 Riboflavin. mg 0.243 0.012 3 A 1 0.625 0.36 Niacin. mg 0.677 0.088 3 A 1 1.739 1.00 Patrothenic acid. mg 0.054 0.003 3 A 1 0.155 0.67 Vitamin B-G. mg 0.054 0.003 3 A 1 81 47 Fol	, , , , , , , , , , , , , , , , , , ,	-									
Manganese, Mn mg 0.127 0.009 6 A 1 0.327 0.185 Selenium, Se µg 16.2 1.058 3 A 1 0.327 0.186 Vitamins: Vitamin C, total ascorbic acid. mg Thiamin	,	-									
No. No.	• •										
Vitamins: Vitamin C, total ascorbic acid. mg 0.093 0.012 3 A 1 0.240 0.133 Riboflavin. mg 0.243 0.012 3 A 1 0.625 0.366 Niacin.	9 .										
Vitamin C, total ascorbic acid. mg 0.093 0.012 3 A 1 0.240 0.133 Riboflavin. mg 0.243 0.012 3 A 1 0.625 0.366 Niacin. mg 0.677 0.088 3 A 1 1.739 1.00 Pantothenic acid. mg 0.450 2 A 1 1.156 0.676 Vitamin B-6. mg 0.054 0.003 3 A 1 0.138 0.080 Folate, total. µg 31 4.193 3 A 1 81 47 Folate, food. µg 31 4.193 3 A 1 81 47 Folate, food. µg 31 4.193 3 A 1 81 47 Folate, food. µg 31 4.193 3 A 1 81 47 Folate, food. µg 0 1.5 0.015<		µg	16.2	1.058	3	А	1		41.0	24.1	
Thiamin											
Riboflavin mg	*	_	0.003	0.010	_	_			0.040		
Niacin mg 0.677 0.088 3 A 1 1.739 1.000 Pantothenic acid mg 0.450 2 A 1 1.156 0.670 Vitamin B-6 mg 0.054 0.003 3 A 1 0.138 0.080 Folate, total µg 31 4.193 3 A 1 81 47 Folate, fod µg 31 4.193 3 A 1 81 47 Folate, fod µg 31 4.193 3 A 1 81 47 Folate, fod µg 31 4.193 3 A 1 81 47 Folate, fod µg 31 4.193 3 A 1 81 47 Folate, fod µg 31 4.193 3 A 1 0.39 0.23 Vitamin A, Full µg 67 0.015 3 A 1		-									
Pantothenic acid. Mg 0.450 2 A 1 1.156 0.670 Vitamin B-6. Mg 0.054 0.003 3 A 1 0.138 0.086 Folate, total. Ug 31 4.193 3 A 1 81 47 Folica, Cod. Ug 31 4.193 3 A 1 81 47 Folate, food. Ug 31 4.193 3 A 1 81 47 Folate, DFE. Ug 8 8 1 81 47 Folate, DFE. Ug 8 8 1 81 47 Folate, DFE. Ug 8 8 1 1 47 Folate, DFE. Ug 8 8 1 1 0.39 0.23 Vitamin B-12. Ug 0 0.15 0.015 3 A 1 1 1 9 1 1 1 1<		-									
Vitamin B-6. mg 0.054 0.003 3 A 1 0.138 0.088 Folate, total. µg 31 4.193 3 A 1 81 47 Folic acid. µg 31 4.193 3 A 1 81 47 Folate, food. µg 31 4.193 3 A 1 81 47 Folate, food. µg 8 5 5 81 47				0.088							
Folate, total		-		0 003							
Folic acid		•									
Folate, food			31	4.193	3	A	1		91	47	
Folate, DFE			21	4 102	2	7	1		01	47	
Choline, total			31	4.133	3	A	1		01	47	
Betaine	, , , , , , , , , , , , , , , , , , ,										
Vitamin B-12 µg 0.15 0.015 3 A 1 0.39 0.23 Vitamin A, RAE µg 67 0 AS 1 172 100 Retinol µg 65 1 A 1 167 97 Carotene, beta µg 22 1 A 1 55 32 Carotene, alpha µg 0 1 A 1 1 1 1 Cryptoxanthin, beta µg 1 1 A 1 2 1 Vitamin A, IU µg 1 1 A 1 2 1 Lycopene µg 0 1 A 1 0 0 0 Lutein + zeaxanthin µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol) mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta mg	<i>'</i>	-									
Vitamin A, RAE µg 67 0 AS 1 172 100 Retinol µg 65 1 A 1 167 97 Carotene, beta µg 22 1 A 1 55 32 Carotene, alpha µg 0 1 A 1 1 1 1 Cryptoxanthin, beta µg 1 1 A 1 2 1 Vitamin A, IU JU 254 0 AS 1 652 378 Lycopene µg 0 1 A 1 0 0 Lycopene µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol) mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma mg 4.33			0 15	0.015	2	7	1		0.30	0.22	
Retinol µg 65 1 A 1 167 97 Carotene, beta µg 22 1 A 1 55 32 Carotene, alpha µg 0 1 A 1 1 1 1 Cryptoxanthin, beta µg 1 1 A 1 2 1 Vitamin A, IU JU 254 0 As 1 652 378 Lycopene µg 0 1 A 1 0 0 Lycopene µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol) mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma mg 4.33 0.107 3 A 1 11.12 6.45				0.013							
Carotene, beta. µg 22 1 A 1 55 32 Carotene, alpha. µg 0 1 A 1 1 1 1 Cryptoxanthin, beta. µg 1 1 A 1 2 1 Vitamin A, IU. JU 254 0 As 1 652 378 Lycopene. µg 0 1 A 1 0 0 Lutein + zeaxanthin. µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol). mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta. mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma. mg 4.33 0.107 3 A 1 11.12 6.45	, , , , , , , , , , , , , , , , , , ,										
Carotene, alpha. µg 0 1 A 1 1 1 Cryptoxanthin, beta. µg 1 1 A 1 2 1 Vitamin A, IU. IJV 254 0 As 1 652 378 Lycopene. µg 0 1 A 1 0 0 Lutein + zeaxanthin. µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol). mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta. mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma. mg 4.33 0.107 3 A 1 11.12 6.45											
Cryptoxanthin, beta µg 1 1 A 1 2 1 Vitamin A, IU IV 254 0 AS 1 652 378 Lycopene µg 0 1 A 1 0 0 Lutein + zeaxanthin µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol) mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma mg 4.33 0.107 3 A 1 11.12 6.45	,										
Vitamin A, IU. IV 254 0 AS 1 652 378 Lycopene. µg 0 1 A 1 0 0 Lutein + zeaxanthin. µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol). mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta. mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma. mg 4.33 0.107 3 A 1 11.12 6.45	=										
Lycopene											
Lutein + zeaxanthin µg 37 1 A 1 94 55 Vitamin E (alpha-tocopherol) mg 0.75 0.030 3 A 1 1.92 1.11 Tocopherol, beta mg 0.09 0.001 3 A 1 0.23 0.13 Tocopherol, gamma mg 4.33 0.107 3 A 1 11.12 6.45											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta				0.030							
Tocopherol, gammamg 4.33 0.107 3 A 1 11.12 6.45											
	-										
10copneroi, ucita											
	-										
• • • • • • • • • • • • • • • • • • • •	-										
Tocotrienol, gammamg 0.01 0.015 3 A 1 0.04 0.02 Tocotrienol, deltamg 0.00 0.000 3 A 1 0.00 0.00	_										

Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D (D2 + D3)......µg Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U Vitamin K (phylloquinone)......µg 9.9 1 Α 1 25.3 14.7 6.4 A 1 16.4 9.5 Dihydrophylloquinone.....µg Menaquinone-4.....µg 1.1 1 Α 1 2.8 1.6 Lipids: Fatty acids, total saturated.....g 4.197 NC 10.787 6.254 0 4 0.114 0.002 3 1 0.292 0.169 4:0.....g Α 6:0.....g 0.090 0.003 3 Α 1 0.230 0.134 0.056 0.002 3 Α 1 0.145 0.084 8:0.....g 0.139 0.005 3 A 1 0.358 0.208 0.160 0.005 3 12:0 a Α 1 0.410 0.238 13:0.....g 0.520 0.013 0.775 Α 1 1.337 14:0.....g 15:0.....g 0.056 0.001 3 А 1 0.144 0.083 2.127 0.044 3 1 5.466 3.169 16:0......g Α 0.001 3 17:0.....g 0.039 Α 1 0.099 0.057 0.827 0.013 А 1 2.124 1.232 0.001 3 20:0.....g 0.029 Α 1 0.075 0.044 0.028 0.002 0.072 0.042 Α 1 0.012 0.001 3 Α 1 0.031 0.018 24:0.....g Fatty acids, total monounsaturated...........9 2.824 NC 4 7.259 4.208 0.001 3 14:1.....g 0.053 Α 1 0.135 0.078 0.000 0.000 3 Α 1 0.000 0.000 0.003 3 16:1 undifferentiated......g 0.093 AS 1 0.238 0.138 16:1 c.....g 0.073 0.003 3 А 1 0.188 0.109 0.001 3 16:1 t.....g 0.020 Α 1 0.050 0.029 0.000 17:1.....g 0.014 Α 1 0.037 0.021 0.038 3 18:1 undifferentiated......g 2.616 AS 1 6.722 3.897 18:1 c.....g 2.477 0.040 3 А 1 6.366 3.691 0.002 3 18:1 t.....g 0.139 Α 1 0.356 0.207 18:1-11 t (18:1t n-7)......g 0.049 0.002 3 0.126 0.073 Α 1 22:1 undifferentiated......g 0.000 0.000 1 3 AS 0.001 0.000 0.000 0.000 3 0.001 0.000 22:1 c.....g Α 1 0.000 0.000 0.000 0.000 22:1 t.....g 3 Α 1 0.000 24:1 c.....g 0.000 3 Α 1 0.000 0.000 3.925 0 NC 4 10.087 5.848 3.438 0.064 3 AS 18:2 undifferentiated......g 1 8.835 5.122 3.335 0.062 3 8.570 4.969 18:2 n-6 c,c.....g Α 1 0.001 3 1 0.036 А 18:2 CLAs......g 0.092 0.053 18:2 t,t.....g 18:2 t not further defined......g 0.068 0.001 3 1 0.174 0.101 0.453 0.013 AS 1 1.163 0.674 18:3 undifferentiated......Q 18:3 n-3 c,c,c (ALA).....g 0.429 0.012 3 Α 1 1.102 0.639 18:3 n-6 c,c,c.....g 0.023 0.001 3 0.059 0.034 Α 1 0.001 3 18:3i.....g 0.001 Α 1 0.002 0.001 0.001 0.001 Α 1 0.003 0.001 18:4.....g 0.000 0.005 3 Α 1 0.012 0.007 0.007 0.000 AS 0.017 0.010 1 0.000 20:3 n-3.....g 0.000 3 Α 1 0.000 0.000 0.007 0.000 3 А 1 0.017 0.010 20:3 n-6......g 20:4 undifferentiated......g 0.013 0.000 3 Α 1 0.033 0.019 0.001 3 0.001 0.002 20:5 n-3 (EPA)......g Α 1 0.003 21:5.....g 0.004 0.000 3 0.009 0.005 22:4....g Α 1 22:5 n-3 (DPA)......g 0.004 0.000 3 A 1 0.011 0.006 0.000 0.000 3 Α 1 0.000 0.000 22:6 n-3 (DHA)......g 0.227 NC 4 0.582 0.337 Fatty acids, total trans......g 0

Amount in 100 grams of edible portion

	Amount in 100 grams of edible portion						Amount in edible portion of common		
		Num	ber	•	measures of food				
		of D	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std	l. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoicg	0.158		0	NC	4		0.407	0.236	
Fatty acids, total trans-polyenoicg	0.068		0	NC	4		0.176	0.102	
Cholesterolmg	16	0.636	3	A	1		41	24	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.085		0	A	1		0.219	0.127	
Threonineg	0.181		0	A	1		0.465	0.270	
Isoleucineg	0.330		0	A	1		0.849	0.492	
Leucineg	0.692		0	A	1		1.779	1.032	
Lysineg	0.586		0	A	1		1.506	0.873	
Methionineg	0.181		0	A	1		0.465	0.270	
Cystineg	0.107		0	A	1		0.274	0.159	
Phenylalanineg	0.394		0	A	1		1.013	0.587	
Tyrosineg	0.266		0	A	1		0.684	0.397	
Valineg	0.405		0	A	1		1.040	0.603	
Arginineg	0.298		0	A	1		0.767	0.444	
Histidineg	0.224		0	A	1		0.575	0.333	
Alanineg	0.213		0	A	1		0.548	0.317	
Aspartic acidg	0.415		0	A	1		1.067	0.619	
Glutamic acidg	1.971		0	A	1		5.065	2.937	
Glycineg	0.192		0	A	1		0.493	0.286	
Prolineg	0.820		0	A	1		2.108	1.222	
Serineg	0.384		0	A	1		0.986	0.571	
Hydroxyprolineg	0.000		1	A	1		0.000	0.000	

Common Measures:

Measure 1 = 257g: 1 serving Measure 2 = 149g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel

Refuse:0%

		<u>Am our</u>	t in 100 gr	am s	Amount in edible portion of common					
			Num	nber	•				easures of fo	
						Source Co	onfidence			
Nutrients and U	nits	Mean Std	Error Po				Code	Measure 1	Measure 2	Measure 3
Nati lents and o	iiito	Wear Old						Mcasarc 1	WCasure 2	Weasure
Proximates:										
Water	g	36.68	0.514	6	A	1		95.73		
Energy	kcal	327		0	NC	4		853		
Energy	kJ	1368		0	NC	4		3570		
Protein	g	4.78	0.063	6	A	1		12.48		
Total lipid (fat)	g	16.00	0.619	6	A	1		41.76		
Ash	g	1.59	0.021	6	A	1		4.14		
Carbohydrate, by difference	g	40.95		0	NC	4		106.89		
Fiber, total dietary		2.2	0.486	3	A	1		5.8		
Sugars, total		4.82	0.093	3	A	1		12.58		
Sucrose		1.49	0.093	3	A	1		3.89		
Glucose (dextrose)		1.36	0.048	3	A	1		3.54		
Fructose		1.15	0.052	3	A	1		2.99		
Lactose	g	0.00	0.000	3	A	1		0.00		
		0.83	0.037	3	A	1		2.16		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose Starch		33.50	0.306	3	A	1		87.43		
	9	33.30	0.300	3	Α.	-		67.43		
Minerals:										
Calcium, Ca	mg	19	0.214	6	A	1		50		
Iron, Fe	_	0.73	0.021	6	A	1		1.91		
Magnesium, Mg		21	0.161	6	A	1		54		
Phosphorus, P		100	0.631	6	A	1		260		
Potassium, K	_	141	1.740	6	A	1		368		
Sodium, Na	_	463	5.745	6	A	1		1208		
Zinc, Zn	_	0.55	0.010	6	A	1		1.45		
Copper, Cu		0.087	0.001	6	A	1		0.227		
Manganese, Mn		0.531 3.6	0.008 0.233	6 3	A A	1 1		1.386 9.5		
Selenium, Se	µg	3.0	0.233	3	А	1		9.5		
Vitamins:										
Vitamin C, total ascorbic acid	-									
Thiamin		0.123	0.003	3	A	1		0.322		
Riboflavin	_	0.073	0.003	3	A	1		0.190		
Niacin	_	0.860	0.047	3	A	1		2.244		
Pantothenic acid	_	0.355		2	A	1		0.926		
Vitamin B-6	_	0.084	0.002	3	A	1		0.219		
Folate, total		14		1	A	1		37		
Folic acid										
Folate, food	µg	14		1	A	1		37		
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12		_		_		_				
Vitamin A, RAE		4		0	AS	1		10		
Retinol		2		1	A	1		6		
Carotene, beta		15		1	A	1		39		
Carotene, alpha		1		1	A	1		4		
Cryptoxanthin, beta		9		1	A	1		23		
Vitamin A, IU		41		0	AS	1		107		
Lycopene		0		1	A	1		0		
Lutein + zeaxanthin		69		1	A	1		180		
Vitamin E (alpha-tocopherol)		1.31	0.057	3	A	1		3.42		
Tocopherol, beta		0.15	0.076	3	A	1		0.39		
Tocopherol, gamma		7.97	1.097	3	A	1		20.79		
Tocopherol, delta		3.02	0.537	3	A	1		7.88		
Tocotrienol, alpha		0.03	0.003	3	A	1		0.08		
Tocotrienol, beta	mg	0.22	0.017	3	A	1		0.57		
Tocotrienol, gamma	mg	0.02	0.013	3	A	1		0.07		

	Am	ount in		am s		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Err	of I	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Togetrianal dake MO	0.0	1	0.000	2	A	1		0.00		
Tocotrienol, deltamg Vitamin D (D2 + D3)µg	0.00	,	0.000	3		_		0.00		
Vitamin D2 (ergocalciferol)µg										
Vitamin D3 (cholecalciferol)µg										
Vitamin DU										
Vitamin K (phylloquinone)	36.1		6.552 0.000	3	A A	1 1		94.3		
Dihydrophylloquinone	0.0		0.000	3	A	1		0.0		
Wenaquinone-4										
<u>Lipids:</u>										
Fatty acids, total saturated	2.9			0	NC	4		7.677		
4:0g	0.0		0.000	3	A -	1		0.000		
6:0g 8:0g	0.00		0.000	3	A A	1 1		0.000 0.016		
10:0g	0.0		0.002	3	A	1		0.023		
12:0g	0.0		0.001	3	A	1		0.003		
13:0										
14:0g	0.0	L6	0.002	3	A	1		0.042		
15:0g	0.0)4	0.001	3	A	1		0.010		
16:0g	1.7	53	0.017	3	A	1		4.602		
17:0g	0.03		0.000	3	A	1		0.046		
18:0g	1.0		0.023	3	A	1		2.609		
20:0g	0.0		0.001	3	A	1 1		0.140		
22:0g	0.09		0.002	3	A A	1		0.135 0.051		
24:0g Fatty acids, total monounsaturatedg	3.6		0.000	0	NC	4		9.475		
14:1g	0.0		0.000	3	A	1		0.000		
15:1g	0.0		0.000	3	A	1		0.000		
16:1 undifferentiatedg	0.0	24	0.002	3	AS	1		0.063		
16:1 cg	0.0	23	0.002	3	A	1		0.061		
16:1 tg	0.0)1	0.001	3	A	1		0.003		
17:1g	0.0		0.001	3	A	1		0.023		
18:1 undifferentiated	3.5		0.038	3	AS	1		9.243		
18:1 cg	3.4		0.038	3	A	1 1		8.998		
18:1 tg 18:1-11 t (18:1t n-7)g	0.0	74	0.001	3	A	_		0.245		
20:1g	0.0	16	0.002	3	A	1		0.120		
22:1 undifferentiated	0.0		0.002	3	AS	1		0.025		
22:1 cg	0.0	06	0.002	3	A	1		0.015		
22:1 tg	0.0)4	0.001	3	A	1		0.010		
24:1 cg	0.0	00	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturatedg	8.6			0	NC	4		22.642		
18:2 undifferentiatedg	7.6		0.268	3	AS	1		20.027		
18:2 n-6 c,cg	7.5		0.285	3	A	1 1		19.697		
18:2 CLAs	0.0	24	0.003	3	A	1		0.062		
18:2 ig										
18:2 t not further definedg	0.1)3	0.016	3	A	1		0.269		
18:3 undifferentiatedg	0.98		0.068	3	AS	1		2.572		
18:3 n-3 c,c,c (ALA)g	0.93	L6	0.077	3	A	1		2.392		
18:3 n-6 c,c,cg	0.0	59	0.009	3	A	1		0.180		
18:3ig	0.0		0.000	3	A	1		0.000		
18:4g	0.0		0.000	3	A	1		0.000		
20:2 n-6 c,cg	0.0		0.002	3	A	1		0.021		
20:3 undifferentiated	0.00		0.000	3	AS A	1 1		0.001 0.000		
20:3 n-5g	0.00		0.000	3	A	1		0.000		
20:4 undifferentiatedg	0.0		0.000	3	A	1		0.022		
20:4 n-6g								-		
20:5 n-3 (EPA)g	0.0	00	0.000	3	A	1		0.000		
21:5g										
22:4g	0.0		0.000	3	A	1		0.000		
22:5 n-3 (DPA)g	0.0	00	0.000	3	A	1		0.000		

	<u>Am our</u>	nt in 100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Sto	I. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 3	A	1		0.000		
Fatty acids, total transg	0.202	0	NC	4		0.527		
Fatty acids, total trans-monoenoicg	0.099	0	NC	4		0.258		
Fatty acids, total trans-polyenoicg	0.103	0	NC	4		0.269		
Cholesterolmg								
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.050	0	A	1		0.131		
Threonineg	0.100	0	A	1		0.261		
Isoleucineg	0.160	0	A	1		0.417		
Leucineg	0.350	0	A	1		0.913		
Lysineg	0.140	0	A	1		0.365		
Methionineg	0.080	0	A	1		0.209		
Cystineg	0.120	0	A	1		0.313		
Phenylalanineg	0.240	0	A	1		0.626		
Tyrosineg	0.110	0	A	1		0.287		
Valineg	0.200	0	A	1		0.522		
Arginineg	0.250	0	A	1		0.653		
Histidineg	0.120	0	A	1		0.313		
Alanineg	0.150	0	A	1		0.392		
Aspartic acidg	0.210	0	A	1		0.548		
Glutamic acidg	1.490	0	A	1		3.889		
Glycineg	0.200	0	A	1		0.522		
Prolineg	0.710	0	A	1		1.853		
Serineg	0.200	0	A	1		0.522		
Hydroxyprolineg	0.000	1	A	1		0.000		
yy r								

Common Measures:

Measure 1 = 261g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Cracker Barrel french, family style Refuse:0%

		Amour	nt in 100 gr	am s		ble portio	<u>on</u>		edible portion of easures of foo	
Nutrients and U	nits	Mean Std		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.32	0.571	6	A	1		101.61		
Energy	kcal	255		0	NC	4		505		
Energy	kJ	1068		0	NC	4		2115		
Protein	-	3.26	0.097	6	A	1		6.45		
Total lipid (fat)	g	13.18	0.317	6	A	1		26.10		
Ash	g	1.37	0.032	6	A	1		2.71		
Carbohydrate, by difference	g	30.87		0	NC	4		61.13		
Fiber, total dietary	g	3.5	0.165	3	A	1		7.0		
Sugars, total	g	0.86	0.107	3	A	1		1.71		
Sucrose	g	0.28	0.006	3	A	1		0.55		
Glucose (dextrose)		0.33	0.072	3	A	1		0.65		
Fructose	g	0.25	0.036	3	A	1		0.50		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		27.60	0.529	3	A	1		54.65		
Minerals:										
Calcium, Ca	mq	19	0.819	6	A	1		39		
Iron. Fe	-	0.69	0.025	6	A	1		1.38		
Magnesium, Mg	•	32	0.848	6	A	1		63		
Phosphorus, P	-	117	4.661	6	A	1		232		
Potassium, K	mg	551	11.461	6	A	1		1091		
Sodium, Na	mg	43	3.554	6	A	1		85		
Zinc, Zn	mg	0.42	0.019	6	A	1		0.83		
Copper, Cu	mg	0.123	0.007	6	A	1		0.244		
Manganese, Mn	mg	0.182	0.004	6	A	1		0.361		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.154	3	A	1		1.8		
Thiamin	mg	0.117	0.003	3	A	1		0.231		
Riboflavin	mg	0.056	0.003	3	A	1		0.110		
Niacin	mg	2.417	0.058	3	A	1		4.785		
Pantothenic acid	mg	0.625		2	A	1		1.237		
Vitamin B-6	mg	0.236	0.009	3	A	1		0.468		
Folate, total	µg	29		1	A	1		58		
Folic acid	µg									
Folate, food	µg	29		1	A	1		58		
Folate, DFE	µg									
Choline, total	-									
Betaine	-									
Vitamin B-12	µg									
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin		1 24	0.000	2	2	1		2.66		
Vitamin E (alpha-tocopherol)	-	1.34 0.12	0.069	3 3	A A	1 1		2.66 0.25		
Tocopherol, beta		0.12 5.84	0.023 0.334	3	A A	1		0.25 11.57		
Tocopherol, gamma		2.25	0.334	3	A A	1		4.45		
Tocopherol, delta		0.02	0.312	3	A	1		0.03		
Tocotrienol, alpha		0.02	0.000	3	A	1		0.03		
Tocotrienol, beta					A	_		0.00		
Tocotrienol, gamma	ma	0.00	0.000	3	A	1		0.00		

	<u>Am</u>	ount in 10	0 gram	s of edi	ble portion		Amount in edible portion of common		
			Num be	r				easures of foo	
				-	Source Con	fidanca			_
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)	a								
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin Dll									
Vitamin K (phylloquinone)	g 32.1	1.	084 3	A	1		63.6		
Dihydrophylloquinone		0.	000 3	A	1		0.0		
Menaquinone-4	g								
Lipids:									
Fatty acids, total saturated	2.36	59	0	NC	4		4.690		
4:09	0.00	0.0	000 3	A	1		0.000		
6:0g	0.00	0.0	000 3	A	1		0.000		
8:0g			001 3	A	1		0.018		
10:09			000 3	A	1		0.018		
12:09		0.0	001 3	A	1		0.003		
13:09			001 3	A	1		0.036		
14:0			001 3	A	1		0.036		
16:09			044 3	A	1		2.841		
17:0			000 3	A	1		0.027		
18:0			052 3	A	1		1.533		
20:09	0.04	6 0.	001 3	A	1		0.090		
22:09	0.04	2 0.	001 3	A	1		0.082		
24:09	0.01	.0	001 3	A	1		0.036		
Fatty acids, total monounsaturated9			0	NC	4		6.248		
14:19			000 3	A	1		0.000		
15:19			000 3	A	1		0.000		
16:1 undifferentiated9			001 3	AS	1		0.043		
16:1 c9			001 3 000 3	A A	1 1		0.043		
16:1 t9 17:19			000 3 000 3	A	1		0.000 0.015		
18:1 undifferentiated			112 3	AS	1		6.088		
18:1 c9			113 3	A	1		6.027		
18:1 tg		0.	002 3	A	1		0.061		
18:1-11 t (18:1t n-7)									
20:19	0.04	17 0.	003 3	A	1		0.092		
22:1 undifferentiated9			002 3	AS	1		0.009		
22:1 c9			002 3	A	1		0.006		
22:1 t9			001 3	A	1		0.003		
24:1 c			000 3	A	1		0.000		
Fatty acids, total polyunsaturated9			184 3	NC AS	1		13.530 11.896		
18:2 undifferentiated			169 3	A	1		11.710		
18:2 CLAs9			003 3	A	1		0.042		
18:2 t,t9									
18:2 i9									
18:2 t not further defined9	0.07	73 0.0	015 3	A	1		0.144		
18:3 undifferentiated9			018 3	AS	1		1.604		
18:3 n-3 c,c,c (ALA)9			016 3	A	1		1.492		
18:3 n-6 c,c,c9			011 3	A	1		0.112		
18:3ig			000 3	A	1		0.000		
18:4			000 3	A A	1 1		0.000		
20:2 n-6 c,c			002 3 000 3	A AS	1		0.016 0.000		
20:3 undifferentiated			000 3	AS A	1		0.000		
20:3 n-6			000 3	A	1		0.000		
20:4 undifferentiated			001 3	A	1		0.015		
20:4 n-69									
20:5 n-3 (EPA)9		0.0	000 3	A	1		0.000		
21:59									
22:49			000 3	A	1		0.000		
22:5 n-3 (DPA)9			000 3	A	1		0.000		
22:6 n-3 (DHA)9	0.00	0.0	000 3	A	1		0.000		

	Amount in			Amount in edible portion of common measures of food				
		Num be		Source (Confidence		easures or roo	<u>5a</u>
Nutrients and Units	Mean Std. Err				Code	Measure 1	Measure 2	Measure 3
Fatty acids, total transg	0.105	0	NC	4		0.208		
Fatty acids, total trans-monoenoicg	0.033	0	NC	4		0.065		
Fatty acids, total trans-polyenoicg	0.073	0	NC	4		0.144		
Cholesterolmg	0	1	A	1		0		
Phytosterolsmg								
Stigmasterolmg	5	1	A	1		10		
Campesterolmg	7	1	A	1		14		
Beta-sitosterolmg	19	1	A	1		38		
Amino Acids:								
Tryptophang	0.040	0	A	1		0.079		
Threonineg	0.090	0	A	1		0.179		
Isoleucineg	0.100	0	A	1		0.199		
Leucineg	0.140	0	A	1		0.278		
Lysineg	0.120	0	A	1		0.238		
Methionineg	0.040	0	A	1		0.079		
Cystineg	0.030	0	A	1		0.059		
Phenylalanineg	0.130	0	A	1		0.258		
Tyrosineg	0.090	0	A	1		0.179		
Valineg	0.150	0	A	1		0.298		
Arginineg	0.170	0	A	1		0.337		
Histidineg	0.050	0	A	1		0.099		
Alanineg	0.090	0	A	1		0.179		
Aspartic acidg	0.652	0	A	1		1.290		
Glutamic acidg	0.471	0	A	1		0.933		
Glycineg	0.080	0	A	1		0.159		
Prolineg	0.090	0	A	1		0.179		
Serineg	0.100	0	A	1		0.199		
Hydroxyprolineg								

Common Measures:

Measure 1 = 198g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

		Amou	nt in 100 gra		of edil	ble portio	on_	Amount in edible portion of common measures of food		
			Num			•		<u> </u>		<u>-~</u>
Nutrients and Un	its	Mean St	of D d.Error Poi			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	39.25	1.440	6	Α	1		26.30	6.28	
Energy		377		0	NC	4		252	60	
Energy		1575	0 200	0	NC	4		1055	252	
Protein	-	16.27	0.390	6	A	1		10.90	2.60	
Total lipid (fat)		28.57	0.911	6	A	1		19.14	4.57	
Ash		2.33	0.067	6	Α	1		1.56	0.37	
Carbohydrate, by difference		13.59		0	NC	4		9.11	2.17	
Fiber, total dietary		0.8	0.157	3	A	1		0.6	0.1	
Sugars, total		0.00	0.000	3	A	1		0.00	0.00	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	12.60	0.764	3	A	1		8.44	2.02	
Minerals:										
Calcium, Ca	ma	16	0.631	6	A	1		11	3	
Iron, Fe	-	1.34	0.042	6	A	1		0.90	0.21	
Magnesium, Mg	-	22	0.483	6	A	1		15	4	
Phosphorus, P		254	6.772	6	A	1		170	41	
Potassium, K	-	244	4.700	6	A	1		164	39	
Sodium, Na	-	644	17.829	6	A	1		431	103	
Zinc, Zn	-	0.73	0.021	6	A	1		0.49	0.12	
Copper, Cu	-	0.059	0.002	6	A	1		0.040	0.010	
Manganese, Mn		0.212	0.010	6	A	1		0.142	0.034	
Selenium, Se		17.3	1.286	3	A	1		11.6	2.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.137	0.009	3	А	1		0.092	0.022	
Riboflavin	-	0.193	0.007	3	A	1		0.130	0.031	
Niacin	-	6.353	0.124	3	A	1		4.257	1.017	
Pantothenic acid	_	1.155	*****	2	A	1		0.774	0.185	
Vitamin B-6	-	0.382	0.021	3	A	1		0.256	0.061	
Folate, total	•	29	3.384		A	1		20	5	
Folate, DFE									-	
Choline, total										
Betaine	-									
Vitamin B-12		0.16	0.003	3	A	1		0.11	0.03	
Vitamin A, RAE	µg	17		1	AS	1		12	3	
Vitamin A, IU	<u>JU</u>	58		1	AS	1		39	9	
Lycopene		0		1	A	1		0	0	
Lutein + zeaxanthin	µg	15		1	A	1		10	2	
Vitamin E (alpha-tocopherol)	mg	1.91	0.070	3	A	1		1.28	0.31	
Tocopherol, beta		0.06	0.031	3	A	1		0.04	0.01	
Tocopherol, gamma		8.29	0.996	3	A	1		5.56	1.33	
Tocopherol, delta	mg	2.48	0.637	3	A	1		1.66	0.40	
Tocotrienol, alpha	mg	0.02	0.018	3	A	1		0.01	0.00	
Tocotrienol, beta	mg	0.03	0.028	3	A	1		0.02	0.00	
Tocotrienol, gamma	mg	0.05	0.008	3	A	1		0.03	0.01	
Tocotrienol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		36.6		1	A	1		24.5	5.9	
Dihydrophylloquinone	µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4	µg	12.6		1	A	1		8.4	2.0	

	<u>Am oun</u>	t in 100 gr	am s	of edi	ble portion	Amount in e	edible portion	of common
		Num	nber				easures of foo	
				Doriv	Source Confidence			
Nutrients and Units	Mean Std	. Error Po			Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	5.606		0	NC	4	3.756	0.897	
4:0g	0.000	0.000	3	A	1	0.000	0.000	
6:0g	0.000	0.000	3	A	1	0.000	0.000	
8:0g	0.008	0.001	3	A	1	0.006	0.001	
10:0g	0.007	0.001	3	A	1 1	0.005	0.001	
12:0g 13:0g	0.019	0.003	3	A	1	0.013	0.003	
14:0g	0.078	0.004	3	A	1	0.052	0.012	
15:0g	0.012	0.001	3	A	1	0.008	0.002	
16:0g	3.791	0.149	3	A	1	2.540	0.607	
17:0g	0.031	0.002	3	A	1	0.021	0.005	
18:0g	1.484	0.087	3	A	1	0.994	0.237	
20:0g	0.083	0.003	3	A	1	0.055	0.013	
22:0g	0.067	0.004	3	A	1	0.045	0.011	
24:0g	0.027	0.001	3	A	1	0.018	0.004	
Fatty acids, total monounsaturatedg	9.817		0	NC	4	6.577	1.571	
14:19 15:1	0.022 0.000	0.001 0.000	3	A A	1 1	0.015	0.004	
16:1 undifferentiated	0.556	0.034	3	AS	1	0.000 0.372	0.000 0.089	
16:1 cg	0.551	0.034	3	A	1	0.369	0.089	
16:1 t	0.005	0.001	3	A	1	0.003	0.001	
17:1g	0.021	0.001	3	A	1	0.014	0.003	
18:1 undifferentiatedg	9.056	0.334	3	AS	1	6.067	1.449	
18:1 cg	8.968	0.341	3	A	1	6.009	1.435	
18:1 tg	0.087	0.010	3	A	1	0.059	0.014	
18:1-11 t (18:1t n-7)g								
20:1g	0.158		3	A	1	0.106	0.025	
22:1 undifferentiatedg	0.004	0.001	3	AS	1	0.003	0.001	
22:1 cg	0.003	0.000	3	A	1 1	0.002	0.001	
22:1 tg 24:1 cg	0.001 0.000	0.001	3	A A	1	0.000	0.000 0.000	
Fatty acids, total polyunsaturated9	10.701	0.000	0	NC	4	7.170	1.712	
18:2 undifferentiated	9.175	0.612	3	AS	1	6.147	1.468	
18:2 n-6 c,cg	9.017	0.621	3	A	1	6.042	1.443	
18:2 CLAsg	0.038	0.002	3	A	1	0.025	0.006	
18:2 t,tg								
18:2 ig								
18:2 t not further definedg	0.120	0.011		A	1	0.080	0.019	
18:3 undifferentiatedg	1.387	0.115	3	AS	1	0.929	0.222	
18:3 n-3 c,c,c (ALA)g	1.290	0.112	3	A	1	0.864	0.206	
18:3 n-6 c,c,c	0.098	0.003	3	A	1 1	0.065	0.016	
18:3ig 18:4g	0.000 0.003	0.000	3	A A	1	0.000 0.002	0.000 0.000	
20:2 n-6 c,cg	0.020	0.001	3	A	1	0.002	0.003	
20:3 undifferentiatedg	0.023	0.001	3	AS	1	0.015	0.004	
20:3 n-3g	0.002	0.000	3	A	1	0.002	0.000	
20:3 n-6g	0.021	0.001	3	A	1	0.014	0.003	
20:4 undifferentiatedg	0.064	0.003	3	A	1	0.043	0.010	
20:4 n-6g								
20:5 n-3 (EPA)g	0.002	0.000	3	A	1	0.002	0.000	
21:5g				_				
22:4g	0.016	0.001	3	A A	1 1	0.011	0.003	
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.006 0.003	0.000	3	A A	1	0.004 0.002	0.001 0.001	
Fatty acids, total transg	0.213	0.000	0	NC	4	0.002	0.034	
Fatty acids, total trans-monoenoicg	0.093		0	NC	4	0.062	0.015	
Fatty acids, total trans-polyenoicg	0.120		0	NC	4	0.080	0.019	
Cholesterolmg	57	0.953	3	A	1	38	9	
Phytosterolsmg								
Amino Acids:								
Tryptophang								
Threonineg	0.576		0	A	1	0.386	0.092	

	Amount in 1	00 grams Numbei		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro			Source Confiden	Measure 1	Measure 2	Measure 3
Isoleucineg	0.676	0	A	1	0.453	0.108	
Leucineg	1.340	0	A	1	0.898	0.214	
Lysineg	2.005	0	A	1	1.343	0.321	
Methionineg	0.443	0	A	1	0.297	0.071	
Cystineg	0.210	0	A	1	0.141	0.034	
Phenylalanineg	0.642	0	A	1	0.430	0.103	
Tyrosineg	0.510	0	A	1	0.341	0.082	
Valineg	0.742	0	A	1	0.497	0.119	
Arginine	1.219	0	A	1	0.816	0.195	
Histidineg	0.631	0	A	1	0.423	0.101	
Alanine	0.886	0	A	1	0.594	0.142	
Aspartic acidg	1.208	0	A	1	0.809	0.193	
Glutamic acid	2.792	0	A	1	1.870	0.447	
Glycineg	0.942	0	A	1	0.631	0.151	
Proline	1.008	0	A	1	0.675	0.161	
Serine	0.676	0	A	1	0.453	0.108	
Hydroxyprolineg	0.110	1	A	1	0.074	0.018	

Common Measures:

Measure 1 = 67g: 1 serving 4 pieces in serving

Measure 2 = 16g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am our</u>	nt in 100 gr	am s	of edi	ble portion		Amount in edible portion of common			
			Num	nber					easures of fo		
						Source Co	nfidence				
Nutrients and Uni	ts	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure	
Nati lents and on		Mean Ota						measure r	Wedsure 2	m casar c	
Proximates:											
Water	g	41.37	1.086	6	A	1		80.25			
Energy	kcal	295		0	NC	4		573			
Energy	kJ	1236		0	NC	4		2398			
Protein	g	19.17	0.443	6	A	1		37.18			
Total lipid (fat)	g	14.50	0.486	6	A	1		28.13			
Ash	g	2.93	0.063	6	A	1		5.69			
Carbohydrate, by difference	g	22.03		0	NC	4		42.75			
Fiber, total dietary		1.1	0.067	3	A	1		2.2			
Sugars, total		0.29	0.009	3	A	1		0.56			
Sucrose		0.10	0.000	3	A	1		0.19			
Glucose (dextrose)		0.09	0.009	3	A	1		0.18			
Fructose		0.00	0.000	3	A	1		0.00			
Lactose	g	0.00	0.000	3	A	1		0.00			
		0.10	0.000	3	A	1		0.19			
Maltose		0.00	0.000	3	A	1		0.00			
Galactose		19.70	0.153	3	A	1		38.22			
Starcii	9	13.70	0.133	3	A	-		30.22			
Minerals:											
Calcium, Ca	<u>mg</u>	11	0.846	6	A	1		22			
Iron, Fe	mg	0.72	0.042	6	A	1		1.39			
Magnesium, Mg	mg	30	0.314	6	A	1		58			
Phosphorus, P	mg	273	7.116	6	A	1		529			
Potassium, K	-	334	6.247	6	A	1		648			
Sodium, Na	-	798	27.663	6	A	1		1548			
Zinc, Zn	-	0.71	0.015	6	A	1		1.37			
Copper, Cu		0.066	0.001	6	A	1		0.128			
Manganese, Mn		0.228	0.008	6	A	1		0.442			
Selenium, Se	µg	17.0	2.270	3	A	1		33.0			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.087	0.009	3	A	1		0.168			
Riboflavin	mg	0.167	0.013	3	A	1		0.323			
Niacin	mg	8.073	0.307	3	A	1		15.662			
Pantothenic acid	mg	1.350		2	A	1		2.619			
Vitamin B-6	mg	0.467	0.028	3	A	1		0.906			
Folate, total	µg	14	3.226	3	A	1		28			
Folate, DFE	µg										
Choline, total	g										
Betaine	mg										
Vitamin B-12	µg	0.14	0.023	3	A	1		0.27			
Vitamin A, RAE	µg	14		0	AS	1		27			
Vitamin A, IU	J <u>U</u>	87		0	AS	1		169			
Lycopene	µg	0		1	A	1		0			
Lutein + zeaxanthin	µg	102		1	A	1		197			
Vitamin E (alpha-tocopherol)		1.22	0.029	3	A	1		2.36			
Tocopherol, beta		0.11	0.003	3	A	1		0.21			
Tocopherol, gamma		6.23	0.413	3	A	1		12.09			
Tocopherol, delta		2.27	0.335	3	A	1		4.40			
Tocotrienol, alpha		0.01	0.015	3	A	1		0.03			
Tocotrienol, beta		0.04	0.041	3	A	1		0.08			
Tocotrienol, gamma	mg	0.07	0.008	3	A	1		0.13			
Tocotrienol, delta	mg	0.00	0.000	3	A	1		0.00			
Vitamin D (D2 + D3)	µg										
Vitamin D2 (ergocalciferol)	µg										
Vitamin D3 (cholecalciferol)											
Vitamin D	<u>I</u> U										
Vitamin K (phylloquinone)											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 2.585 0 NC 4 5.015 0.000 0.000 1 4:0.....g 3 Α 0.000 0.000 0.000 3 6:0.....g Α 1 0.000 0.006 0.001 3 0.011 8:0.....g А 0.000 3 10:0.....g 0.004 Α 1 0.008 0.013 0.003 3 12:0.....g 1 0.025 13:0.....g 0.024 0.003 3 1 0.047 14:0.....g 0.001 3 0.004 1 Α 0.008 15:0.....g 16:0.....g 1.592 0.084 3 Α 1 3.089 0.001 3 0.016 0.030 Α 1 18:0.....g 0.820 0.040 3 1 1.591 0.045 0.002 3 1 А 20:0.....g 0.087 22:0.....g 0.044 0.002 3 А 1 0.085 0.017 0.001 3 0.033 Α 1 3.200 0 NC 4 6.208 Fatty acids, total monounsaturated......g 0.002 0.000 3 Α 1 0.004 14:1.....g 0.000 0.000 3 A 1 0.000 0.042 0.002 0.081 16:1 undifferentiated......g AS 1 0.042 0.002 3 А 1 0.081 16:1 c.....g 0.000 0.000 3 Α 1 0.000 16:1 t......g 0.009 0.001 3 А 1 0.017 17:1.....g 18:1 undifferentiated Q 3.106 0.155 3 AS 1 6.025 3.064 0.162 3 1 5.943 18:1 c.....g 0.042 0.007 3 18:1 t.....g Α 1 0.081 18:1-11 t (18:1t n-7)......g 0.003 3 0.041 1 0.079 20:1.....g Α 0.001 3 0.001 AS 1 0.001 22:1 c.....g 0.001 0.001 Α 1 0.001 0.000 3 22:1 t.....g 0.000 Α 1 0.000 0.000 0.000 3 А 0.000 24:1 c......g Fatty acids, total polyunsaturated......g 7.123 ٥ NC 4 13.819 0.222 18:2 undifferentiated.....g 6.209 AS 1 12.045 18:2 n-6 c,c.....g 6.107 0.227 3 Α 1 11.847 0.019 0.002 3 0.037 Α 1 18:2 t,t.....g 18:2 i.....g 0.083 0.008 3 0.162 1 18:2 t not further defined.......Q Α 0.831 0.055 3 1.612 18:3 undifferentiated......g 1 0.768 0.056 3 18:3 n-3 c,c,c (ALA)......g 1 Α 1,490 18:3 n-6 c,c,c......g 0.063 0.001 3 Α 1 0.123 0.000 3 0.000 1 0.000 18:3i.....g Α 18:4.....g 0.000 0.000 3 А 1 0.000 0.010 0.001 3 Α 1 0.019 20:2 n-6 c,c.....g 20:3 undifferentiated......g 0.011 0.001 3 AS 1 0.021 0.001 0.001 3 1 20:3 n-3.....g Α 0.003 0.009 0.001 3 0.018 20:3 n-6.....g Α 1 0.001 3 0.043 20:4 undifferentiated......g Α 1 0.084 20:4 n-6.....g 0.000 0.000 3 1 0.000 Α 21:5.....g 0.001 22:4.....g 0.013 A 1 0.025 0.000 22:5 n-3 (DPA)......g 0.004 3 Α 1 0.007 0.003 0.001 22:6 n-3 (DHA).....g Α 1 0.006 Fatty acids, total trans......g 0.125 0 NC 4 0.243

0.042

0.083

Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g

Cholesterol....mg Phytosterols....mg 0

0

2.569

NC

NC

А

4

4

0.081

0.162

	Amount in	Num be	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.210	0	A	1		0.407		
Threonineg	0.630	0	A	1		1.222		
Isoleucineg	0.760	0	A	1		1.474		
Leucineg	1.480	0	A	1		2.871		
Lysineg	2.210	0	A	1		4.287		
Methionineg	0.490	0	A	1		0.951		
Cystineg	0.220	0	A	1		0.427		
Phenylalanineg	0.700	0	A	1		1.358		
Tyrosineg	0.530	0	A	1		1.028		
Valineg	0.810	0	A	1		1.571		
Arginineg	1.230	0	A	1		2.386		
Histidineg	0.690	0	A	1		1.338		
Alanineg	0.900	0	A	1		1.746		
Aspartic acidg	1.310	0	A	1		2.541		
Glutamic acidg	3.060	0	A	1		5.936		
Glycineg	0.800	0	A	1		1.552		
Prolineg	1.130	0	A	1		2.192		
Serine	0.720	0	A	1		1.397		

Common Measures:

Measure 1 = 194g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amou	nt in 100 gı	rams	of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nur	nbei	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	71 77	1 062	_		-		CF 21			
Water	-	71.77 183	1.062	6 0	A NC	1 4		65.31 166			
Energy											
Energy		764		0	NC	4		695			
Protein		0.97	0.116		A	1		0.88			
Total lipid (fat)		15.03	0.822	6	A	1		13.68			
Ash		1.35	0.070	6	A	1		1.23			
Carbohydrate, by difference		10.88		0	NC	4		9.90			
Fiber, total dietary		1.3	0.295	3	A	1		1.2			
Sugars, total		8.16	0.543	3	A	1		7.42			
Sucrose	g	2.97	0.524	3	A	1		2.70			
Glucose (dextrose)		2.81	0.178	3	A	1		2.56			
Fructose	g	2.37	0.057	3	A	1		2.16			
Lactose	g	0.00	0.000	3	A	1		0.00			
Maltose	g	0.00	0.000	3	A	1		0.00			
Galactose	<u>g</u>	0.00	0.000	3	A	1		0.00			
Starch		0.15	0.075	3	A	1		0.14			
Minerals:											
Calcium, Ca	ma	32	1.178	6	A	1		29			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.34	0.008	6	A	1		0.31			
Magnesium, Mg	_	9	0.261	6	A	1		9			
Phosphorus, P		29	0.927	6	A	1		27			
Potassium, K		141	4.078	6	A	1		128			
Sodium, Na	_	376	24.817	6	A	1		342			
Zinc, Zn	_	0.20	0.008	6	A	1		0.18			
Copper, Cu		0.019	0.000	6	A	1		0.017			
Manganese, Mn		0.151	0.019	6	A	1		0.137			
Selenium, Se		2.9		1	A	1		2.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	13.2	1.434	3	A	1		12.0			
Thiamin	_	0.027	0.003	3	A	1		0.024			
Riboflavin		0.027	0.003	3	A	1		0.053			
Niacin	_	0.263	0.035	3	A	1		0.240			
Pantothenic acid	_	0.205	0.033	2	A	1		0.240			
Vitamin B-6		0.102	0.007		A	1		0.093			
Folate, total	_	0.101	0.007	•		-		0.033			
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12											
Vitamin A, RAE		42		0	AS	1		38			
Vitamin A, IU	1. 7	707		0	AS	1		643			
Lycopene		707		1	A	1		6			
Lutein + zeaxanthin		78		1	A	1		71			
Vitamin E (alpha-tocopherol)		0.93	0.095	3	A	1		0.85			
Tocopherol, beta		0.14	0.025	3	A	1		0.13			
Tocopherol, gamma		9.46	1.046	3	A	1		8.61			
Tocopherol, delta		3.55	0.597		A	1		3.23			
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00			
Tocotrienol, beta		0.00	0.000	3	A	1		0.00			
		0.02	0.017	3	A	1		0.02			
Tocotrienol, gamma Tocotrienol, delta		0.02	0.000	3	A	1		0.02			
,	•	0.00	0.000	3	A	_		0.00			
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)											
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin K (phylloquinone)		86.1		2	A	1		78.4			

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.0 A 0.0 Dihydrophylloquinone.....µg 1 Menaquinone-4.....µg 0.0 А 0.0 Lipids: Fatty acids, total saturated......g 2.344 0 NC 4 2.133 4:0.....g 0.000 0.000 3 А 1 0.000 6:0......g 0.000 0.000 3 Α 1 0.000 0.000 3 0.000 0.000 Α 1 0.001 3 10:0.....g 0.005 Α 1 0.005 0.000 12:0.....g 0.002 3 А 1 0.002 13:0.....g 0.014 0.002 3 1 0.013 14:0.....g 0.001 3 0.004 15:0.....g Α 1 0.003 16:0.....g 1.562 0.118 3 А 1 1.422 0.016 0.001 3 17·0 Α 1 0.014 18:0.....g 0.630 0.047 Α 0.573 0.003 0.047 3 20:0.....g Α 1 0.043 22:0.....g 0.046 0.003 3 А 1 0.042 0.017 0.001 3 24:0.....g Α 1 0.016 3.197 Fatty acids, total monounsaturated......g NC 2.909 0.000 0.000 3 А 1 0.000 14:1.....g 0.000 0.000 3 A 1 0.000 0.023 0.002 3 16:1 undifferentiated......g 0.021 AS 1 0.023 0.002 3 0.021 Α 1 0.000 0.000 3 1 Α 16:1 t......g 0.000 0.009 0.001 3 17:1.....g Α 1 0.008 3.107 0.231 3 AS 1 2.827 18:1 undifferentiated......g 3.096 0.230 3 1 2.817 18:1 c.....g Α 0.011 0.001 3 1 А 0.010 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.047 0.003 3 20:1.....g Α 1 0.042 22:1 undifferentiated......g 0.011 0.000 3 0.010 AS 1 0.011 0.000 3 1 А 0.010 22:1 c.....g 0.000 0.000 3 Α 1 0.000 22:1 t.....g 0.000 0.000 3 0.000 1 24:1 c......g Α Fatty acids, total polyunsaturated......g 8.432 0 NC 4 7.673 7.288 18:2 undifferentiated......g 0.520 3 AS 1 6.632 18:2 n-6 c,c.....g 7.242 0.515 3 A 1 6.590 0.011 0.001 3 0.010 А 1 18:2 CLAs.....g 18:2 t,t.....g 18:2 i......g 0.035 0.009 3 1 18:2 t not further defined......g Α 0.032 1.118 0.081 3 18:3 undifferentiated.....g AS 1 1.017 0.076 3 1.096 18:3 n-3 c,c,c (ALA)......g Α 1 0.997 18:3 n-6 c,c,c......g 0.022 0.013 3 А 1 0.020 0.000 3 18:3i.....g 0.000 Α 1 0.000 18:4.....g 0.000 0.000 3 0.000 0.001 3 0.008 20:2 n-6 c,c....g Α 1 0.007 20:3 undifferentiated.....g 0.001 0.001 3 AS 1 0.001 0.000 3 0.000 20:3 n-3.....g Α 1 0.000 0.001 0.001 3 20:3 n-6.....g А 0.001 0.001 3 0.015 20:4 undifferentiated.....g Α 1 0.014 20:4 n-6.....g 0.000 0.000 3 1 0.000 20:5 n-3 (EPA).....g Α 21:5.....g 0.000 0.000 3 0.000 22:4.....g Α 1 22:5 n-3 (DPA)......g 0.000 0.000 3 А 1 0.000 22:6 n-3 (DHA)......g 0.003 0.001 3 Α 1 0.002 Fatty acids, total trans......g 0.046 0 NC 4 0.042 0.011 0 NC 4 0.010 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g 0.035 0 NC 4 0.032 21 Cholesterol....mg 23 Α 1 Phytosterols....mg

	Amount in '	Num be	•	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.010	0	A	1		0.009		
Threonineg	0.030	0	A	1		0.027		
Isoleucineg	0.040	0	A	1		0.036		
Leucineg	0.060	0	A	1		0.055		
Lysineg	0.070	0	A	1		0.064		
Methionineg	0.020	0	A	1		0.018		
Cystineg	0.020	0	A	1		0.018		
Phenylalanineg	0.030	0	A	1		0.027		
Tyrosineg	0.020	0	A	1		0.018		
Valineg	0.050	0	A	1		0.046		
Arginineg	0.080	0	A	1		0.073		
Histidineg	0.030	0	A	1		0.027		
Alanineg	0.060	0	A	1		0.055		
Aspartic acidg	0.090	0	A	1		0.082		
Glutamic acidg	0.180	0	A	1		0.164		
Glycineg	0.030	0	A	1		0.027		
Prolineg	0.007	0	A	1		0.007		
Serineg	0.060	0	A	1		0.055		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 91g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amoun	t in 100 gr	ams	Amount in e	Amount in edible portion of common			
			Num	ber				easures of fo	
					Deriv	Source Confide	ence		
Nutrients and Uni	its	Mean Std	. Error Po	ints	Code	Code Cod	e Measure 1	Measure 2	Measure
Proximates:									
Water	g	54.66	0.658	6	A	1	109.87		
Energy	kcal	234		0	NC	4	470		
Energy	kJ	979		0	NC	4	1968		
Protein		13.75	0.171	6	A	1	27.63		
Total lipid (fat)	g	12.16	0.332	6	A	1	24.44		
Ash	g	2.02	0.020	6	A	1	4.06		
Carbohydrate, by difference	g	17.41		0	NC	4	34.99		
Fiber, total dietary		1.0	0.248	3	A	1	1.9		
Sugars, total	g	0.40	0.000	3	A	1	0.80		
Sucrose		0.20	0.000	3	A	1	0.40		
Glucose (dextrose)		0.00	0.000	3	A	1	0.00		
Fructose		0.00	0.000	3	A	1	0.00		
Lactose	g	0.00	0.000	3	A	1	0.00		
Maltose		0.20	0.000	3	A	1	0.40		
Galactose		0.00	0.000	3	A	1	0.00		
Starch		16.23	0.203	3	А	1	32.63		
	9								
Minerals:		- 4		_	_		•		
Calcium, Ca	_	14	0.532	6	A	1	29		
Iron, Fe	_	0.41	0.019	6	A	1	0.83		
Magnesium, Mg		25	0.549 1.973	6	A A	1	51		
Phosphorus, P		181 261	5.379	6 6	A A	1	364 525		
Potassium, K	_	261 516	6.791	6	A	1	1036		
Sodium, Na	_	0.44	0.012	6	A	1	0.88		
Zinc, Zn	_	0.049	0.012	6	A	1	0.099		
Copper, Cu		0.161	0.001	6	A	1	0.325		
Selenium, Se	_	17.2		3	A	1	34.6		
			*****	Ū		_	5210		
Vitamins:	ma								
Vitamin C, total ascorbic acid	_	0.067	0.003	2		1	0 124		
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.067	0.003	3	A	1	0.134		
Riboflavin	_	0.100 2.660	0.000 0.154	3 3	A A	1	0.201 5.347		
	• • • • • • • • • • • • • • • • • • • •	0.315	0.134	2	A	1	0.633		
Pantothenic acid	_	0.260	0.048	3	A	1	0.522		
Vitamin B-6	_	17	0.400	3	A	1	35		
Folate, total		17	0.400	3	A	1	35		
Folate, DFE									
Choline, total									
Betaine Vitamin B-12		1.12	0.136	3	A	1	2.24		
Vitamin A, RAE		2	0.130	0	AS	1	4		
Vitamin A, IU	1. 7	11		0	AS	1	22		
Lycopene		1		1	A	1	3		
Lutein + zeaxanthin		48		1	A	1	95		
Vitamin E (alpha-tocopherol)		1.00	0.012	3	A	1	2.01		
Tocopherol, beta		0.08	0.003	3	A	1	0.17		
Tocopherol, gamma		5.16	0.365	3	A	1	10.37		
Tocopherol, delta		1.84	0.263	3	A	1	3.69		
Tocopherol, delta Tocotrienol, alpha		0.03	0.015	3	A	1	0.06		
Tocotrienol, beta		0.02	0.016	3	A	1	0.03		
Tocotrienol, gamma		0.11	0.022	3	A	1	0.23		
Tocotrienol, delta	_	0.00	0.022	3	A	1	0.23		
Vitamin D (D2 + D3)		0.00	0.000	3	Α.	-	0.00		
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)									
Vitamin D3 (cnoiecaiciferoi)									
Vitamin K (phylloquinone)									

	<u>!</u>	Amount in 1	00 gra			ole porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mear	n Std.Erro	of D	ata	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone										
Lipids:										
Fatty acids, total saturated	g 2	.139		0	NC	4		4.299		
4:0	g 0	.000	.000	3	A	1		0.000		
6:0	-		.000	3	A	1		0.000		
8:0	-		0.000	3	A	1		0.011		
10:0	0		0.001	3	A A	1 1		0.012 0.017		
12:0 13:0		.008	0.002	3	А	1		0.017		
14:0		.022	.002	3	A	1		0.045		
15:0			.001	3	A	1		0.008		
16:0		.326	.036	3	A	1		2.666		
17:0	g 0	.013	.001	3	A	1		0.026		
18:0	-		.034	3	A	1		1.337		
20:0	-			3	A	1		0.076		
22:0	-		0.002	3	A	1		0.074		
24:0	-		.001	3	A NC	1 4		0.028		
Fatty acids, total monounsaturated		.608 .001 (.000	3	A.	1		5.242 0.001		
15:1	. •		.000	3	A	1		0.000		
16:1 undifferentiated	0			3	AS	1		0.044		
16:1 c	-		.002	3	A	1		0.042		
16:1 t	g 0	.001	.001	3	A	1		0.002		
17:1	g 0	.007	.000	3	A	1		0.014		
18:1 undifferentiated			.081	3	AS	1		5.096		
18:1 c	-		0.080	3	A	1		5.026		
18:1 t	0	.035	.006	3	A	1		0.070		
18:1-11 t (18:1t n-7)	-	.043	.003	3	A	1		0.086		
22:1 undifferentiated	-		.001	3	AS	1		0.001		
22:1 c	·· -		.001	3	A	1		0.001		
22:1 t	-	.000	.000	3	A	1		0.000		
24:1 c	g 0	.000	.000	3	A	1		0.000		
Fatty acids, total polyunsaturated		.110		0	NC	4		12.281		
18:2 undifferentiated			.225	3	AS	1		10.505		
18:2 n-6 c,c			.227	3	A	1		10.315		
18:2 CLAs		.018	.002	3	A	1		0.037		
18:2 t,t	=									
18:2 i 18:2 t not further defined		.076	.005	3	A	1		0.153		
18:3 undifferentiated			.050	3	AS	1		1.386		
18:3 n-3 c,c,c (ALA)			.046	3	A	1		1.270		
18:3 n-6 c,c,c	g 0	.058	.005	3	A	1		0.116		
18:3i	g 0	.000	.000	3	A	1		0.000		
18:4	-		.001	3	A	1		0.009		
20:2 n-6 c,c			.000	3	A	1		0.011		
20:3 undifferentiated			.000	3	AS	1		0.000		
20:3 n-3			.000	3	A	1 1		0.000		
20:3 n-6 20:4 undifferentiated	•		0.000	3	A A	1		0.000 0.025		
20:4 n-6	-	.013		,	n	-		0.025		
20:5 n-3 (EPA)	-	.056	.002	3	A	1		0.112		
21:5										
22:4		.000	.000	3	A	1		0.000		
22:5 n-3 (DPA)			.000	3	A	1		0.007		
22:6 n-3 (DHA)			.006	3	A	1		0.220		
Fatty acids, total trans		.112		0	NC	4		0.226		
Fatty acids, total trans-monoenoic		.036		0	NC NC	4		0.072		
Fatty acids, total trans-polyenoic Cholesterol		.076	.935	0 3	NC A	4 1		0.153 75		
Phytosterols	0	,		,	A	_		, ,		

	Amount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Cor Code	nfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.150	0	A	1		0.302		
Threonineg	0.470	0	A	1		0.944		
Isoleucineg	0.570	0	A	1		1.145		
Leucineg	1.060	0	A	1		2.130		
Lysineg	1.190	0	A	1		2.392		
Methionineg	0.380	0	A	1		0.764		
Cystineg	0.190	0	A	1		0.382		
Phenylalanineg	0.500	0	A	1		1.005		
Tyrosineg	0.420	0	A	1		0.844		
Valineg	0.660	0	A	1		1.327		
Arginineg	0.810	0	A	1		1.628		
Histidineg	0.310	0	A	1		0.623		
Alanineg	0.730	0	A	1		1.467		
Aspartic acidg	1.190	0	A	1		2.392		
Glutamic acidg	2.100	0	A	1		4.221		
Glycineg	0.610	0	A	1		1.226		
Proline	0.760	0	A	1		1.527		
Serine	0.580	0	A	1		1.166		
Hydroxyprolineg								

Common Measures:

Measure 1 = 201g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

		<u>Am our</u>	<u>it in 100 gra</u> Num			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean Std		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.05	1.389	6	A	1		75.98		
Energy	kcal	282		0	NC	4		465		
Energy		1178		0	NC	4		1944		
Protein	g	3.41	0.134	6	A	1		5.63		
Total lipid (fat)	g	14.13	0.493	6	A	1		23.31		
Ash	g	1.20	0.048	6	A	1		1.99		
Carbohydrate, by difference	g	35.20		0	NC	4		58.09		
Fiber, total dietary	g	3.5	0.292	3	A	1		5.9		
Sugars, total	g	0.85	0.009	3	A	1		1.40		
Sucrose	g	0.18	0.000	3	A	1		0.30		
Glucose (dextrose)		0.41	0.009	3	A	1		0.67		
Fructose		0.26	0.000	3	A	1		0.43		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		32.50	1.332	3	А	1		53.63		
Minerals:										
Calcium, Ca	<u>mg</u>	14	0.277	6	A	1		23		
Iron, Fe	mg	0.72	0.037	6	A	1		1.19		
Magnesium, Mg	mg	27	0.656	6	A	1		44		
Phosphorus, P	mg	115	4.096	6	A	1		190		
Potassium, K	mg	492	16.221	6	A	1		812		
Sodium, Na	<u>mg</u>	44	14.079	6	A	1		73		
Zinc, Zn	mg	0.46	0.014	6	A	1		0.76		
Copper, Cu	mg	0.111	0.004	6	A	1		0.183		
Manganese, Mn	mg	0.179	0.007	6	A	1		0.295		
Selenium, Se	µg	0.4	0.000	6	A	1		0.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0.615	3	A	1		2.7		
Thiamin	-	0.120	0.006	3	A	1		0.198		
Riboflavin	-	0.048	0.000	3	A	1		0.079		
Niacin		2.717	0.234	3	A	1		4.482		
Pantothenic acid	-	0.610		2	A	1		1.007		
Vitamin B-6	•	0.220	0.019	3	A	1		0.362		
Folate, total	-	15		1	A	1		25		
Folic acid				_		_				
Folate, food		15		1	A	1		25		
Folate, DFE					==	=		-		
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.98	0.111	3	A	1		1.63		
Tocopherol, beta		0.09	0.003	3	A	1		0.15		
Tocopherol, gamma		5.97	0.199	3	A	1		9.86		
Tocopherol, delta		2.18	0.183	3	A	1		3.60		
Tocotrienol, alpha		0.04	0.011	3	A	1		0.07		
Tocotrienol, beta		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.06	0.014	3	A	1		0.09		
Tocotrienol, delta		0.01	0.011	3	A	1		0.02		
Vitamin D (D2 + D3)		· · · · -		-		-		V.U2		

Nutrients and Units

Vitamin K (phylloquinone)......µg

Dihydrophylloquinone.....µg

Menaquinone-4......µg

Fatty acids, total saturated.....g

4:0.....g

6:0.....g

8:0.....g

10:0.....g

13:0.....g

14:0.....g

15:0.....g

17:0.....g

18:0.....g

20:0.....g

14:1......g

16:1 undifferentiated.......Q

20:1.....g

22:1 undifferentiated.....g

24:1 c.....g
Fatty acids, total polyunsaturated......g

18:2 undifferentiated......g

18:2 n-6 c,c....g

18:2 CLAs.....g

18:2 t,t.....g 18:2 i......g

18:2 t not further defined.......Q

18:3 n-3 c,c,c (ALA)......g

18:3 n-6 c,c,c......g

18:3i......g

20:3 n-3.....g

20:3 n-6.....g

20:4 n-6.....g

20:4 undifferentiated......g

22:4.....g

22:5 n-3 (DPA)......g

22:6 n-3 (DHA)......g

Fatty acids, total trans-monoenoic......g

Fatty acids, total trans......g

18:4.....g

18:3 undifferentiated......g

22:1 c.....g

22:1 t.....g

18:1 c.....g

18:1 t......g 18:1-11 t (18:1t n-7)......g

16:1 c......g 16:1 t......g

Fatty acids, total monounsaturated......g

Lipids:

0.0

2.534

0.000

0.000

0.009

0.011

0.014

0.025

0.005

1.554

0.016

0.795

0.049

0.040

0.017

3.408

0.000

0.000

0.021

0.021

0.000

0.009

3.312

3.270

0.042

0.059

0.008

0.004

0.004

0.000

6.548

5.731

5.631

0.019

0.081

0.805

0.758

0.047

0.000

0.000

0.005

0.000

0.000

0.000

0.007

0.000

0.000

0.000

0.000

0.128

0.047

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code Mean Measure 1 Measure 2 Measure 3 28.8 47.6 1 Α 0.0 2 Α 1 0.0

0.0

4.182

0.000

0.000

0.014

0.017

0.022

0.042

0.009

2.564

0.026

1.312

0.081

0.066

0.028

5.624

0.000

0.000

0.034

0.034

0.000

0.015

5.465

5.395

0.070

0.097

0.013

0.006

0.007

0.000

9.456

9.291

0.031

0.134

1.329

1,251

0.078

0.000

0.000

0.008

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0.000

0.011

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0.001 3

0.002 3

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0.001 3

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0.001

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0.000 3

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0.001 3

0.000

0.001

0.212

0.009

0.204 3

0.000 3

0.001 3

0.001

0.000

0.000 3

0.175

0.162 3

0.002 3

0.013 3

0.014 3

0.024 3

0.000 3

0.000 3

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0.000

0.000 3

0.000

0.012

0.003 3

0.000

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	<u>Am ount i</u>	n 100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of fo	<u>od</u>
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Don't selection of the	0.081	0	wa	4		0.134		
Fatty acids, total trans-polyenoicg Cholesterolmg	0.081	0 1	NC A	4 1				
	U	1	A	1		0		
Phytosterolsmg	8	1	A	1		13		
Stigmasterolmg	11	1	A	1		18		
Campesterolmg	27	1	A	1		18 45		
Beta-sitosterolmg	21	1	A	1		45		
Amino Acids:								
Tryptophang	0.050	0	A	1		0.083		
Threonineg	0.111	0	A	1		0.183		
Isoleucineg	0.121	0	A	1		0.200		
Leucineg	0.192	0	A	1		0.316		
Lysineg	0.141	0	A	1		0.233		
Methionineg	0.040	0	A	1		0.066		
Cystineg	0.030	0	A	1		0.050		
Phenylalanineg	0.151	0	A	1		0.250		
Tyrosineg	0.091	0	A	1		0.150		
Valineg	0.303	0	A	1		0.499		
Arginineg	0.182	0	A	1		0.300		
Histidineg	0.050	0	A	1		0.083		
Alanineg	0.111	0	A	1		0.183		
Aspartic acidg	0.747	0	A	1		1.232		
Glutamic acidg	0.505	0	A	1		0.832		
Glycineg	0.101	0	A	1		0.166		
Prolineg	0.111	0	A	1		0.183		
Serineg	0.131	0	A	1		0.216		
Hydroxyprolineg								

Common Measures:

Measure 1 = 165g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

		Amoi	unt in 100 gram	s of edi	ble porti	<u>on</u>	Amount in edible portion of common		
			Num be	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Un	its	Mean S	of Data td. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	41.05	1	A	1		6.57	41.05	
Energy	kcal	319	0	NC	4		51	319	
Energy	kJ	1336	0	NC	4		214	1336	
Protein	g	13.88	1	A	1		2.22	13.88	
Total lipid (fat)	g	20.01	1	A	1		3.20	20.01	
Ash		4.14	1	A	1		0.66	4.14	
Carbohydrate, by difference	g	20.93	0	NC	4		3.35	20.93	
Fiber, total dietary		1.5	1	A	1		0.2	1.5	
Sugars, total	g	0.75	1	A	1		0.12	0.75	
Sucrose		0.40	1	A	1		0.06	0.40	
Glucose (dextrose)		0.20	1	A	1		0.03	0.20	
Fructose		0.07	1	A	1		0.01	0.07	
Lactose		0.00	1	A	1		0.00	0.00	
Maltose		0.07	1	A	1		0.01	0.07	
Galactose	g q	0.00	1	A	1		0.00	0.00	
Starch		18.60	1	A	1		2.98	18.60	
Suren	9							20100	
Minerals:									
Calcium, Ca	<u>mg</u>	47	1	A	1		8	47	
Iron, Fe	mg	1.54	1	A	1		0.25	1.54	
Magnesium, Mg	mg	26	1	A	1		4	26	
Phosphorus, P	_	498	1	A	1		80	498	
Potassium, K	_	128	1	A	1		20	128	
Sodium, Na	_	1400	1	A	1		224	1400	
Zinc, Zn	_	0.85	1	A	1		0.14	0.85	
Copper, Cu		0.183	1	A	1		0.029	0.183	
Manganese, Mn		0.247	1	A	1		0.040	0.247	
Selenium, Se	µg	18.5	1	A	1		3.0	18.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg								
Thiamin	mg	0.180	1	A	1		0.029	0.180	
Riboflavin	mg	0.250	1	A	1		0.040	0.250	
Niacin	mg	2.467	1	A	1		0.395	2.467	
Pantothenic acid	mg	0.360	1	A	1		0.058	0.360	
Vitamin B-6	mg	0.085	1	A	1		0.014	0.085	
Folate, total	µg	54	1	A	1		9	54	
Folate, DFE	µg								
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	0.40	1	A	1		0.06	0.40	
Vitamin A, RAE		2	0	AS	1		0	2	
Vitamin A, IU		6	0	AS	1		1	6	
Lycopene									
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)		2.61	1	A	1		0.42	2.61	
Tocopherol, beta		0.23	1	A	1		0.04	0.23	
Tocopherol, gamma		7.74	1	A	1		1.24	7.74	
Tocopherol, delta		2.78	1	A	1		0.45	2.78	
Tocotrienol, alpha		0.00	1	A	1		0.00	0.00	
Tocotrienol, beta		0.06	1	A	1		0.01	0.06	
Tocotrienol, gamma		0.00	1	A	1		0.00	0.00	
Tocotrienol, delta		0.50	1	A	1		0.08	0.50	
Vitamin D (D2 + D3)									
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin D		25.2	4		-		F (25.2	
Vitamin K (phylloquinone)		35.3	1 1	A A	1 1		5.6	35.3	
Dihydrophylloquinone		0.0		A A			0.0	0.0	
Menaquinone-4	µg	0.0	1	A	1		0.0	0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.515 NC 0.562 3.515 4:0.....g 0.000 1 Α 1 0.000 0.000 6:0.....g 0.000 A 0.000 0.000 0.000 1 0.000 8:0.....g Α 1 0.000 10:0.....g 0.000 1 Α 1 0.000 0.000 0.000 0.000 12:0.....g 1 Α 1 0.000 13:0.....g 0.023 1 0.004 0.023 14:0.....g Α 1 0.005 1 A 1 0.001 0.005 2.044 2.044 1 0.327 16:0.....g Α 1 17:0.....g 0.023 1 Α 1 0.004 0.023 1.264 1 1 0.202 1.264 Α 18:0.....g 0.068 1 А 1 0.011 0.068 0.062 1 Α 1 0.010 0.062 22:0.....g 0.026 1 А 0.004 0.026 24:0.....g 1 4.772 0 NC 4 0.763 4.772 14:1.....g 0.000 1 Α 1 0.000 0.000 0.000 1 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.024 0 AS 1 0.004 0.024 0.023 1 Α 1 0.004 0.023 16:1 c......g 0.001 1 А 1 0.000 0.001 16:1 t.....g 0.011 0.002 1 1 0.011 17:1......g Α 18:1 undifferentiated......g 4.611 0 AS 1 0.738 4.611 4.533 0.725 1 Α 1 4.533 18:1 c.....g 0.078 1 Α 1 0.012 0.078 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.126 1 Α 1 0.020 0.126 0.000 0 AS 1 0.000 0.000 22:1 undifferentiated......g 22:1 c.....g 0.000 1 Α 1 0.000 0.000 0.000 1 1 0.000 0.000 22:1 t......g Α 1 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 9.516 0 NC 4 1.523 9.516 18:2 undifferentiated......g 8.431 0 AS 1 1.349 8.431 8.294 A 1 1.327 8.294 18:2 n-6 c.c....g 18:2 CLAs......g 0.038 1 Α 1 0.006 0.038 18:2 t,t.....g 18:2 i.....g 0.099 1 1 0.016 0.099 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.951 0 0.152 0.951 AS 1 18:3 n-3 c,c,c (ALA)......g 0.830 1 A 1 0.133 0.830 0.121 0.121 1 1 0.019 18:3 n-6 c,c,c.....g Α 0.000 1 1 0.000 0.000 18:3i.....g 0.000 1 А 1 0.000 0.000 18:4.....g 0.012 1 Α 1 0.002 0.012 20:2 n-6 c,c.....g 0.000 0 0.000 0.000 20:3 undifferentiated.....g AS 1 0.000 1 A 1 0.000 0.000 20:3 n-3.....g 0.000 1 Α 1 0.000 0.000 20:3 n-6.....g 0.026 1 Α 1 0.026 20:4 undifferentiated......g 0.004 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.051 1 А 1 0.008 0.051 21:5......g 22:4.....g 0.000 1 Α 1 0.000 0.000 22:5 n-3 (DPA).....g 0.003 0.000 0.003 1 Α 1 22:6 n-3 (DHA)......g 0.043 1 Α 1 0.007 0.043 0 0.178 NC 4 0.028 0.178 Fatty acids, total trans-monoenoic......g 0.079 0 NC 4 0.013 0.079 0.099 NC 0.016 0.099 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 83 1 Α 1 13 83 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.157 1 0.025 0.157 Α 0.495 0 Α 1 0.079 0.495 Threonine......g

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Technology 0	0.615	0	A	1	0.098	0.615	
Isoleucineg Leucineg	1.110	0	A	1	0.038	1.110	
Lysineg	0.941	0	A	1	0.178	0.941	
Methionineg	0.338	0	A	1	0.054	0.338	
Cystineg	0.193	0	A	1	0.031	0.193	
Phenylalanineg	0.627	0	A	1	0.100	0.627	
Tyrosine9	0.398	0	A	1	0.064	0.398	
Valineg	1.098	0	A	1	0.176	1.098	
Arginineg	1.013	0	A	1	0.162	1.013	
Histidineg	0.278	0	A	1	0.044	0.278	
Alanineg	0.736	0	A	1	0.118	0.736	
Aspartic acidg	1.291	0	A	1	0.207	1.291	
Glutamic acidg	2.751	0	A	1	0.440	2.751	
Glycineg	0.603	0	A	1	0.097	0.603	
Prolineg	0.676	0	A	1	0.108	0.676	
Serine	0.591	0	A	1	0.095	0.591	

Common Measures:

Measure 1 = 16g: 1 piece Measure 2 = 100g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amou	nt in 100 gr	ams	ot edi	pie portio	<u>n</u>	Amount in edible portion of common		
			Nun	nber				<u>m</u>	easures of fo	<u>od</u>
			of l	Data	Deriv	Source (Confidence			
Nutrients and	Units	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.85	1.373	6	A	1		74.22	56.26	
Energy	kcal	197		0	NC	4		245	185	
Energy	kJ	825		0	NC	4		1023	776	
Protein	g	2.49	0.113	6	A	1		3.08	2.34	
Total lipid (fat)	g	8.99	0.903	6	A	1		11.15	8.45	
Ash	g	2.08	0.078	6	A	1		2.58	1.96	
Carbohydrate, by difference	g	26.59		0	NC	4		32.97	24.99	
Fiber, total dietary	g	2.7	0.376	3	A	1		3.3	2.5	
Sugars, total	g	1.38	0.047	3	A	1		1.72	1.30	
Sucrose	g	0.30	0.025	3	A	1		0.37	0.28	
Glucose (dextrose)		0.58	0.023	3	A	1		0.72	0.54	
Fructose		0.51	0.022	3	A	1		0.63	0.48	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch		23.23	1.877	3	A	1		28.81	21.84	
Minerals:										
Calcium, Ca	mg	17	0.897	6	A	1		21	16	
Iron, Fe	mg	0.56	0.024	6	A	1		0.70	0.53	
Magnesium, Mg	mg	26	1.082	6	A	1		32	24	
Phosphorus, P		71	3.725	6	A	1		88	67	
Potassium, K		416	18.116	6	A	1		515	391	
Sodium, Na		468	18.856	6	A	1		580	440	
Zinc, Zn		0.29	0.012	6	A	1		0.36	0.27	
Copper, Cu		0.066	0.004	6	A	1		0.082	0.062	
Manganese, Mn Selenium, Se		0.168	0.007	6	A	1		0.208	0.158	
Vitamins:	49									
Vitamin C, total ascorbic acid	ma	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	-	0.007	0.000	3	A	1		0.009	0.007	
Riboflavin	-	0.048	0.001	3	A	1		0.059	0.045	
Niacin	-	2.170	0.175	3	A	1		2.691	2.040	
Pantothenic acid.	• • • • • • • • • • • • • • • • • • • •	0.455	002.0	2	A	1		0.564	0.428	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.203	0.021	3	A	1		0.252	0.191	
Folate, total	-	23	2.585	3	A	1		28	21	
Folic acid										
Folate, food		23	2.585	3	A	1		28	21	
Folate, DFE	1.1									
Choline, total										
Betaine										
Vitamin B-12	µg									
Vitamin A, RAE	µg									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin			<u>.</u>	_	_	_				
Vitamin E (alpha-tocopherol)		0.55	0.092	3	A	1		0.68	0.51	
Tocopherol, beta		0.07	0.009	3	A	1		0.08	0.06	
Tocopherol, gamma		5.02	0.595	3	A	1		6.23	4.72	
Tocopherol, delta		1.80	0.126	3	A	1		2.23	1.69	
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta		0.12	0.016	3	A	1		0.14	0.11	
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta	g	0.00	0.000	3	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D.....IU 32.6 4.711 40.4 30.6 Vitamin K (phylloquinone)......µg 3 1 Α Dihydrophylloquinone.....µg 0.0 0.000 Α 1 0.0 0.0 Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 1.689 0 NC 4 2.095 1.588 0.001 0.001 1 0.001 0.001 4:0.....g 3 Α 0.000 0.000 3 0.000 1 0.000 6·0 a Α 8:0.....g 0.003 0.002 3 Α 1 0.004 0.003 0.008 0.001 3 Α 1 0.010 0.008 10:0.....g 0.000 0.000 3 А 1 0.000 0.000 13·0 a 14:0.....g 0.010 0.001 3 1 0.012 0.009 0.003 0.000 3 0.004 0.003 15:0.....g Α 1 0.964 0.054 3 А 1 1.195 0.906 0.011 0.001 3 A 1 0.014 0.011 17:0......g 0.029 3 18:0.....g 0.618 Α 1 0.766 0.581 0.031 0.001 А 1 0.038 0.029 0.029 0.003 3 Α 1 0.036 0.027 0.011 0.001 0.014 0.011 Α 1 Fatty acids, total monounsaturated......g 2.035 NC 4 2.523 1.913 0.000 0.000 3 A 1 0.000 0.000 14:1.....g 0.000 3 0.000 Α 1 0.000 0.000 16:1 undifferentiated.......Q 0.010 0.001 3 AS 1 0.012 0.009 0.001 3 16:1 c.....g 0.010 Α 1 0.012 0.009 0.000 16:1 t.....g 0.000 3 А 1 0.000 0.000 0.001 3 0.005 Α 1 0.007 0.005 0.100 18:1 undifferentiated.....g 1.993 AS 1 2.471 1.873 0.100 3 1.860 18:1 c.....g 1.979 Α 1 2.454 18:1 t.....g 0.014 0.002 3 А 1 0.017 0.013 0.023 0.001 3 0.022 20:1.....g 1 0.029 0.004 0.002 3 0.005 0.004 22:1 undifferentiated.....g AS 1 0.003 0.002 3 1 0.003 22:1 c.....g Α 0.004 0.001 0.001 3 0.001 0.001 22:1 t.....g Α 1 0.000 0.000 3 0.000 0.000 24:1 c.....g Α 1 Fatty acids, total polyunsaturated......g 5.029 0 NC 4 6.236 4.727 4.372 0.291 4.110 18:2 undifferentiated......g 3 AS 1 5.421 0.284 18:2 n-6 c,c.....g 4.331 3 Α 1 5.371 4.071 0.008 0.001 3 0.009 0.007 18:2 CLAs.....g 1 18:2 t,t.....g 0.033 0.005 3 18:2 t not further defined......g 1 0.041 0.031 Α 18:3 undifferentiated......g 0.651 0.030 3 AS 1 0.807 0.612 18:3 n-3 c,c,c (ALA)......g 0.623 0.023 Α 1 0.773 0.586 18:3 n-6 c,c,c.....g 0.027 0.007 3 Α 1 0.034 0.026 18:3i.....g 0.000 0.000 3 0.000 0.000 1 Α 0.001 3 18:4.....g 0.001 Α 1 0.001 0.001 0.003 0.000 Α 1 0.003 0.003 0.000 20:3 undifferentiated.....g 0.000 3 AS 1 0.000 0.000 0.000 0.000 0.000 0.000 20:3 n-3.....g Α 1 0.000 20:3 n-6.....g 0.000 3 Α 1 0.000 0.000 20:4 undifferentiated.....g 0.003 0.002 А 1 0.004 0.003 20:4 n-6.....g 0.000 0.000 3 Α 1 0.000 0.000 21:5.....g 0.000 0.000 0.000 0.000 22:4.....g 3 Α 1 0.000 22:5 n-3 (DPA)......g 0.000 3 Α 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 0.000 0.000 Α 1 0.000 0.048 0 NC 4 0.059 0.045 Fatty acids, total trans......g 0.015 NC 4 0.018 0.014 Fatty acids, total trans-monoenoic......g 0

NDB No. 36030 DENNY'S, hash browns

	An	nount in 10	0 grams		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.0)33	0	NC	4	0.041	0.031	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving Measure 2 = 94g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

		Amo	unt in 100 gr			ble porti	<u>on</u>	Amount in edible portion of common measures of food		
				nber				<u>m</u>	<u> </u>	<u>,u</u>
Nutrients and Uni	ts	Mean S	of I td. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	67.38	0.571	6	A	1		121.29	90.29	
Energy		150		0	NC	4		269	201	
Energy		626		0	NC	4		1127	839	
Protein	g	5.19	0.143	6	A	1		9.34	6.95	
Total lipid (fat)	g	4.92	0.544	6	A	1		8.85	6.59	
Ash	g	1.35	0.020	6	A	1		2.43	1.81	
Carbohydrate, by difference	g	21.16		0	NC	4		38.09	28.35	
Fiber, total dietary	g	1.2	0.102	3	A	1		2.2	1.7	
Sugars, total	g	4.20	0.115	3	A	1		7.56	5.63	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose		4.07	0.120	3	A	1		7.32	5.45	
Maltose		0.13	0.033	3	A	1		0.24	0.18	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch		14.90	0.153	3	A	1		26.82	19.97	
Minopola										
Minerals:	ma	83	2 066	_		-		150	111	
Calcium, Ca	-	0.79	3.866 0.020	6	A	1 1			111 1.06	
Iron, Fe		23	0.020	6 6	A A	1		1.42 41	30	
Magnesium, Mg Phosphorus, P		113	7.010	6	A	1		203	151	
Potassium, K	-	165	9.461	6	A	1		298	222	
Sodium, Na	-	300	8.469	6	A	1		539	401	
Zinc, Zn	-	0.58	0.039	6	A	1		1.05	0.78	
Copper, Cu	-	0.066		6	A	1		0.119	0.089	
Manganese, Mn		0.260	0.012	6	A	1		0.469	0.349	
Selenium, Se		20.8	0.990	3	A	1		37.5	27.9	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid Thiamin	_	0.100	0.006	3	A	1		0.180	0.134	
Riboflavin	-	0.283	0.007	3	A	1		0.510	0.134	
	-	0.283	0.007	3	A	1		1.566	1.166	
Niacin Pantothenic acid		0.490	0.013	2	A	1		0.882	0.657	
Vitamin B-6		0.430	0.011	3	A	1		0.139	0.104	
Folate, total	•	36	1.484		A	1		65	49	
Folate, DFE		30	1.101	,	A	_		0.5	7.7	
Choline, total										
Betaine										
Vitamin B-12		0.19	0.032	3	A	1		0.35	0.26	
Vitamin A, RAE		15		0	AS	1		28	21	
Vitamin A, IU		58		0	AS	1		105	78	
Lycopene		0		1	A	1		0	0	
Lutein + zeaxanthin		110		1	A	1		198	148	
Vitamin E (alpha-tocopherol)		0.53	0.020	3	A	1		0.96	0.72	
Tocopherol, beta		0.01	0.014	3	A	1		0.03	0.02	
Tocopherol, gamma		0.99	0.017	3	A	1		1.78	1.33	
Tocopherol, delta		0.03	0.016	3	A	1		0.06	0.04	
Tocotrienol, alpha		0.05	0.004	3	A	1		0.10	0.07	
Tocotrienol, beta		0.29	0.147	3	A	1		0.52	0.39	
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta		0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
	<u>I</u> U									
Vitamin K (phylloquinone)		3.0		1	A	1		5.4	4.0	
Vitamin K (phylloquinone) Dihydrophylloquinone	µg	3.0 0.0		1 1	A A	1 1		5.4 0.0	4.0 0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 1.384 0 NC 2.492 1.855 4:0.....g 0.034 0.001 3 Α 1 0.062 0.046 6:0.....g 0.026 0.002 Α 0.047 0.035 0.001 3 0.018 0.024 8:0.....g Α 1 0.032 10:0.....g 0.045 0.003 3 А 1 0.081 0.060 0.003 3 0.049 0.088 12:0.....g Α 1 0.066 13:0.....g 0.008 3 0.162 0.291 0.217 14:0.....g Α 1 0.021 0.001 3 1 0.028 Α 0.037 0.676 0.029 0.906 3 1,217 16:0.....g Α 1 17:0.....g 0.013 0.001 3 1 0.023 0.017 0.302 0.012 3 0.405 Α 1 0.543 18:0.....g 0.018 0.001 3 А 1 0.033 0.024 0.013 0.001 3 Α 1 0.023 0.017 22:0.....g 0.007 0.001 3 0.013 0.010 24:0.....g А 1 NC 2.046 0 4 3.683 2.742 14:1.....g 0.016 0.001 3 Α 1 0.029 0.021 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.034 0.002 3 AS 1 0.061 0.045 0.028 0.001 3 Α 1 0.051 0.038 16:1 c......g 0.006 0.001 3 А 1 0.010 0.008 16:1 t.....g 0.005 0.000 3 0.007 0.009 17:1......g Α 1 18:1 undifferentiated......g 1.946 0.088 3 AS 1 3.503 2.608 1.901 0.085 3 3.422 Α 1 2.547 18:1 c.....g 0.045 0.005 3 Α 1 0.081 0.061 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.002 3 0.044 Α 1 0.079 0.058 20:1.....g 0.001 0.001 AS 1 0.002 0.002 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.001 Α 1 0.002 0.002 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 1.010 NC 4 1.819 1.354 0.031 3 18:2 undifferentiated......g 0.759 AS 1 1.366 1.017 0.731 0.030 3 A 1 1.315 0.979 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.009 1 0.017 0.013 18:2 t,t.....g 18:2 i.....g 0.019 0.001 3 1 0.034 0.025 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.009 0.240 3 0.432 0.321 1 AS 18:3 n-3 c,c,c (ALA)......g 0.230 0.009 3 A 1 0.414 0.308 0.010 0.001 3 0.018 0.013 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 0.000 18:4.....g 0.003 0.000 3 Α 1 0.005 0.004 20:2 n-6 c,c.....g 0.003 0.002 3 0.006 20:3 undifferentiated.....g AS 1 0.004 0.000 0.000 3 A 1 0.000 0.000 20:3 n-3.....g 0.001 0.002 3 Α 1 0.004 0.003 20:3 n-6.....g 0.005 0.001 3 1 0.007 20:4 undifferentiated......g Α 0.010 20:4 n-6.....g 0.000 0.000 3 А 1 0.000 0.000 20:5 n-3 (EPA)......g 21:5......g 0.000 0.000 3 22:4.....g Α 1 0.000 0.000 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.070 0 NC 4 0.126 0.094 Fatty acids, total trans-monoenoic......g 0.051 0 NC 4 0.092 0.068 0.019 NC 0.034 0.025 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 7 1.270 3 Α 1 12 9 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.067 1 0.121 0.090 Α 0.124 0 Α 1 0.222 0.166 Threonine......g

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error	of Data	Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.259	0	A	1	0.465	0.346	
Leucineg	0.517	0	A	1	0.931	0.693	
Lysine	0.371	0	A	1	0.668	0.497	
Methionine	0.124	0	A	1	0.222	0.166	
Cystineg	0.101	0	A	1	0.182	0.136	
Phenylalanineg	0.292	0	A	1	0.526	0.392	
Tyrosineg	0.169	0	A	1	0.304	0.226	
Valineg	0.292	0	A	1	0.526	0.392	
Arginineg	0.247	0	A	1	0.445	0.331	
Histidineg	0.169	0	A	1	0.304	0.226	
Alanineg	0.180	0	A	1	0.324	0.241	
Aspartic acidg	0.281	0	A	1	0.506	0.377	
Glutamic acid	1.619	0	A	1	2.914	2.169	
Glycineg	0.180	0	A	1	0.324	0.241	
Prolineg	0.753	0	A	1	1.356	1.009	
Serineg	0.270	0	A	1	0.485	0.361	
Hydroxyprolineg	0.000	1	A	1	0.000	0.000	

Common Measures:

Measure 1 = 180g: 1 serving Measure 2 = 134g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

	Amount in 100 grams of edible portion						<u>ion</u>	Amount in edible portion of common measures of food			
			Nur	n be	r			<u>m</u>	easures of foc	<u>oa</u>	
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	37.63	0.222		A	1		85.80	10.16		
Energy		324		0	NC	4		739	87		
Energy		1355		0	NC	4		3089	366		
Protein		13.56			A	1		30.91	3.66		
Total lipid (fat)		17.87		6	A	1		40.74	4.82		
Ash		3.72		6	A	1		8.48	1.00		
Carbohydrate, by difference		27.22		0	NC	4		62.07	7.35		
Fiber, total dietary	g	1.6	0.182		A	1		3.7	0.4		
Sugars, total		2.83			A	1		6.46	0.76		
Sucrose	g	0.00		3	A	1		0.00	0.00		
Glucose (dextrose)		0.63		3	A	1		1.44	0.17		
Fructose		0.20		3	A	1		0.46	0.05		
Lactose	g	1.17	0.033	3	A	1		2.66	0.32		
Maltose	g	0.60	0.058	3	A	1		1.37	0.16		
Galactose	g	0.23	0.033	3	A	1		0.53	0.06		
Starch		21.67	0.448	3	A	1		49.40	5.85		
Minerals:											
Calcium, Ca	ma	331	3.461	6	A	1		754	89		
Iron, Fe	-	0.84			A	1		1.92	0.23		
Magnesium, Mg		21	0.120	6	A	1		48	6		
Phosphorus, P		358	4.110	6	A	1		817	97		
Potassium, K		121	3.565		A	1		277	33		
Sodium, Na		1008	18.469	6	A	1		2297	272		
Zinc, Zn	-	1.98	0.025	6	A	1		4.51	0.53		
Copper, Cu	-	0.06	7 0.001	6	A	1		0.154	0.018		
Manganese, Mn		0.36	0.005	6	A	1		0.827	0.098		
Selenium, Se	µg	16.2	1.572	3	A	1		36.9	4.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin		0.15	0.006	3	A	1		0.342	0.040		
Riboflavin		0.25			A	1		0.585	0.040		
Niacin	_	0.98		3	A	1		2.234	0.265		
Pantothenic acid	_	0.38		2	A	1		0.866	0.103		
Vitamin B-6	-	0.08			A	1		0.192	0.023		
Folate, total	•	26	1.859		A	1		60	7		
Folate, DFE			21005	•		_			,		
Choline, total											
Betaine	_										
Vitamin B-12		0.95	0.029	3	A	1		2.16	0.26		
Vitamin A, RAE		96		0	AS	1		219	26		
Vitamin A, IU		343		0	AS	1		781	92		
Lycopene		0		1	A	1		0	0		
Lutein + zeaxanthin	µg	35		1	A	1		81	10		
Vitamin E (alpha-tocopherol)	mg	0.74	0.037	3	A	1		1.68	0.20		
Tocopherol, beta	mg	0.08	0.004	3	A	1		0.19	0.02		
Tocopherol, gamma	mg	3.97	0.151	3	A	1		9.05	1.07		
Tocopherol, delta	mg	1.37	0.203	3	A	1		3.13	0.37		
Tocotrienol, alpha	mg	0.00	0.000	3	A	1		0.00	0.00		
Tocotrienol, beta	mg	0.12	0.003	3	A	1		0.28	0.03		
Tocotrienol, gamma	mg	0.00	0.000	3	A	1		0.00	0.00		
Tocotrienol, delta	mg	0.00	0.000	3	A	1		0.00	0.00		
Vitamin D (D2 + D3)	µg										
Vitamin D2 (ergocalciferol)	µg										
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)		25.4		1	A	1		57.8	6.8		
Dihydrophylloquinone		0.0		1	A	1		0.0	0.0		
Menaquinone-4	µg	2.1		1	A	1		4.8	0.6		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 6.643 0 NC 15.146 1.794 4:0.....g 0.165 0.005 3 Α 1 0.377 0.045 6:0.....g 0.132 0.003 Α 0.302 0.036 0.003 0.091 3 0.208 0.025 8:0.....g Α 1 10:0.....g 0.226 0.005 3 Α 1 0.515 0.061 0.005 3 0.268 0.072 12:0.....g Α 1 0.610 13:0.....g 0.011 3 0.839 1.912 0.226 14:0.....g Α 1 0.088 0.001 3 1 0.024 Α 0.201 3.223 0.060 3 0.870 7.349 16:0.....g Α 1 17:0.....g 0.060 0.000 3 1 0.137 0.016 0.065 3 1 3.329 0.394 1.460 Α 18:0.....g 0.042 0.002 3 А 1 0.096 0.011 0.033 0.001 3 Α 1 0.076 0.009 22:0.....g 0.015 0.001 3 А 0.034 0.004 24:0.....g 1 4.287 NC 0 4 9.774 1.157 14:1.....g 0.081 0.001 3 Α 1 0.185 0.022 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.146 0.002 3 AS 1 0.332 0.039 0.118 0.002 Α 1 0.268 0.032 16:1 c......g 0.028 0.001 3 А 1 0.064 0.008 16:1 t.....g 0.021 0.000 3 0.048 0.006 1 17:1.....g Α 18:1 undifferentiated......g 3.956 0.166 3 AS 1 9.020 1.068 3.726 0.150 8.496 1.006 3 Α 1 18:1 c.....g 0.230 0.019 3 Α 1 0.524 0.062 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.006 3 0.082 Α 1 0.186 0.022 20:1.....g 0.001 0.001 3 AS 1 0.003 0.000 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.001 Α 1 0.003 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated.....g 5.104 NC 4 11.638 1.378 0.148 18:2 undifferentiated......g 4.474 3 AS 1 10.201 1.208 4.306 0.140 3 A 1 9.818 1.163 18:2 n-6 c.c....g 0.004 3 18:2 CLAs......g 0.056 1 0.128 0.015 18:2 t,t.....g 18:2 i.....g 0.112 0.012 3 1 0.255 0.030 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.024 3 0.571 1.303 0.154 1 AS 18:3 n-3 c,c,c (ALA)......g 0.524 0.026 3 A 1 1.195 0.142 0.045 0.003 3 18:3 n-6 c,c,c.....g 0.103 0.012 Α 1 0.002 0.000 3 0.005 0.001 18:3i.....g 1 0.002 0.001 3 А 1 0.005 0.001 18:4.....g 0.006 0.000 3 Α 1 0.014 0.002 20:2 n-6 c,c.....g 0.012 0.002 3 0.028 0.003 20:3 undifferentiated.....g AS 1 0.001 0.001 3 А 1 0.002 0.000 20:3 n-3.....g 0.001 0.011 3 Α 1 0.026 0.003 20:3 n-6.....g 0.022 0.001 3 1 0.050 0.006 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.003 0.000 3 А 1 0.008 0.001 21:5......g 0.005 0.000 3 22:4.....g Α 1 0.010 0.001 22:5 n-3 (DPA).....g 0.006 0.001 3 0.014 0.002 Α 1 0.000 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.372 0 NC 4 0.847 0.100 Fatty acids, total trans-monoenoic......g 0.258 0 NC 4 0.588 0.070 0.114 0.259 0.031 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 32 0.100 3 Α 1 73 9 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.175 1 0.398 0.047 Α 0.472 0 Α 1 1.077 0.127 Threonine......g

	Amount in 10	0 grams		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Error			Source Confider Code Code	nce Measure 1	Measure 2	Measure 3
Isoleucineg	0.718	0	A	1	1.638	0.194	
Leucineg	1.468	0	A	1	3.347	0.396	
Lysineg	1.211	0	A	1	2.762	0.327	
Methionineg	0.411	0	A	1	0.936	0.111	
Cystineg	0.175	0	A	1	0.398	0.047	
Phenylalanineg	0.811	0	A	1	1.849	0.219	
Tyrosineg	0.606	0	A	1	1.381	0.163	
Valineg	0.934	0	A	1	2.130	0.252	
Arginineg	0.606	0	A	1	1.381	0.163	
Histidineg	0.441	0	A	1	1.006	0.119	
Alanineg	0.462	0	A	1	1.053	0.125	
Aspartic acidg	1.006	0	A	1	2.294	0.272	
Glutamic acidg	4.034	0	A	1	9.198	1.089	
Glycineg	0.349	0	A	1	0.796	0.094	
Proline	2.628	0	A	1	5.991	0.710	
Serine	0.780	0	A	1	1.779	0.211	
Hydroxyprolineg	0.000	1	A	1	0.000	0.000	

Common Measures:

Measure 1 = 228g: 1 serving Measure 2 = 27g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	Amount in edible portion of common						
			Num	measures of food						
						Source Co	nfidanca			
Nutrients and Un	ito	Mean Sto	i. Error Po				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	ii S	Weam St						weasure i	Wedsule 2	wieasure .
Proximates:										
Water	g	28.92	1.001	6	A	1		48.01		
Energy	kcal	385		0	NC	4		640		
Energy	kJ	1613		0	NC	4		2678		
Protein	g	5.29	0.050	6	A	1		8.78		
Total lipid (fat)	g	22.23	0.581	6	A	1		36.90		
Ash	g	2.51	0.057	6	A	1		4.17		
Carbohydrate, by difference	g	41.05		0	NC	4		68.14		
Fiber, total dietary		2.4	0.072	3	A	1		4.0		
Sugars, total	g	4.76	0.229	3	A	1		7.90		
Sucrose		0.95	0.030	3	A	1		1.57		
Glucose (dextrose)		1.22	0.064	3	A	1		2.03		
Fructose		1.24	0.067	3	A	1		2.06		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose		1.35	0.118	3	A	1		2.24		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		33.83	0.067	3	A	1		56.16		
Minerals:				_	_	_				
Calcium, Ca	_	22	0.382	6	A	1		36		
Iron, Fe	_	0.74	0.027	6	A	1		1.22		
Magnesium, Mg		20	0.433	6	A	1		33		
Phosphorus, P		92	1.398	6	A	1 1		153		
Potassium, K	_	150 780	6.274 17.302	6 6	A A	1		249 1295		
Sodium, Na	_	0.55	0.021	6	A	1		0.91		
Zinc, Zn Copper, Cu	_	0.088	0.021	6	A	1		0.146		
Manganese, Mn		0.397	0.003	6	A	1		0.660		
Selenium, Se		5.2	0.536	3	A	1		8.7		
Vitamins: Vitamin C, total ascorbic acid	ma									
Thiamin	_	0.120	0.006	3	A	1		0.199		
Riboflavin		0.070	0.003	3	A	1		0.117		
Niacin	• • • • • • • • • • • • • • • • • • • •	0.863	0.035	3	A	1		1.433		
Pantothenic acid	_	0.380	0.033	2	A	1		0.631		
Vitamin B-6	_	0.089	0.004	3	A	1		0.147		
Folate, total	_	13	0.004	1	A	1		22		
Folate, DFE				_		_				
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE		0		0	AS	1		0		
Vitamin A, IU		5		0	AS	1		8		
Lycopene		0		1	A	1		0		
Lutein + zeaxanthin		44		1	A	1		72		
Vitamin E (alpha-tocopherol)		1.23	0.029	3	A	1		2.03		
Tocopherol, beta		0.18	0.013	3	A	1		0.30		
Tocopherol, gamma		8.33	0.442	3	A	1		13.82		
Tocopherol, delta		3.23	0.521	3	A	1		5.37		
Tocotrienol, alpha		0.04	0.003	3	A	1		0.07		
Tocotrienol, beta		0.15	0.005	3	A	1		0.25		
Tocotrienol, gamma	_	0.04	0.004	3	A	1		0.07		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	_									
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		50.6	1.778	3	A	1		84.1		

	<u> </u>	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Units	Mear	n Std		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Dihydrophylloquinone Menaquinone-4		.1	0.133	3	A	1		0.2			
Lipids:											
Fatty acids, total saturated	g 3	.729		0	NC	4		6.190			
4:0		.000	0.000	3	A	1		0.000			
6:0	•	.000	0.000	3	A	1		0.000			
8:0		.010	0.001	3	A	1		0.016			
10:0		.011	0.000	3	A A	1 1		0.018			
12:0		.014	0.003	3	А	1		0.023			
14:0	=	.030	0.002	3	A	1		0.049			
15:0	=	.006	0.001	3	A	1		0.010			
16:0	g 2	.244	0.027	3	A	1		3.724			
17:0	-	.023	0.001	3	A	1		0.039			
18:0	9	.237	0.014	3	A	1		2.053			
20:0	-	.068	0.001	3	A	1 1		0.113			
22:0 24:0	•	.063	0.001	3	A A	1		0.104 0.041			
Fatty acids, total monounsaturated	=	.611	0.001	0	NC	4		7.655			
14:1		.000	0.000	3	A	1		0.001			
15:1	=	.000	0.000	3	A	1		0.000			
16:1 undifferentiated	g 0	.032	0.005	3	AS	1		0.053			
16:1 c		.030	0.003	3	A	1		0.050			
16:1 t		.001	0.001	3	A	1		0.002			
17:1		.013 .481	0.001	3	A As	1 1		0.021			
18:1 undifferentiated	5	.417	0.178 0.163	3 3	AS A	1		7.438 7.332			
18:1 t	9	.064	0.015	3	A	1		0.106			
18:1-11 t (18:1t n-7)											
20:1	g 0	.075	0.016	3	A	1		0.125			
22:1 undifferentiated	=	.011	0.002	3	AS	1		0.018			
22:1 c	-	.006	0.001	3	A	1		0.010			
22:1 t	•	.005	0.001	3	A	1 1		0.008			
24:1 c Fatty acids, total polyunsaturated		.560	0.000	0	A NC	4		0.000 17.529			
18:2 undifferentiated		.299	0.127	3	AS	1		15.437			
18:2 n-6 c,c	•	.130	0.106	3	A	1		15.155			
18:2 CLAs		.033	0.001	3	A	1		0.054			
18:2 t,t	g										
18:2 i	=			_	_	_					
18:2 t not further defined	=	.137 .240	0.025 0.040	3	A AS	1 1		0.227 2.058			
18:3 undifferentiated	•	.140	0.048	3	A	1		1.892			
18:3 n-6 c,c,c	_	.100	0.008	3	A	1		0.165			
18:3i	_	.000	0.000	3	A	1		0.000			
18:4	g 0	.000	0.000	3	A	1		0.000			
20:2 n-6 c,c		.011	0.001	3	A	1		0.018			
20:3 undifferentiated		.001	0.001	3	AS	1		0.002			
20:3 n-3	=	.001	0.001	3	A	1 1		0.002			
20:3 n-6 20:4 undifferentiated	•	.000	0.000	3	A A	1		0.000 0.015			
20:4 n-6	_	.005	0.000	,	A	-		0.013			
20:5 n-3 (EPA)	=	.000	0.000	3	A	1		0.000			
21:5	=										
22:4	•	.000	0.000	3	A	1		0.000			
22:5 n-3 (DPA)		.000	0.000	3	A	1		0.000			
22:6 n-3 (DHA)		.000	0.000	3	A	1		0.000			
Fatty acids, total trans		.207		0	NC NC	4 4		0.343			
Fatty acids, total trans-monoenoic Fatty acids, total trans-polyenoic		.070 .137		0	NC NC	4		0.116 0.227			
Cholesterol		,		3	140	-		0.227			
Phytosterols											

	Amount in	Numbe	r	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.049	0	A	1		0.082		
Threonineg	0.138	0	A	1		0.229		
Isoleucineg	0.177	0	A	1		0.294		
Leucineg	0.364	0	A	1		0.605		
Lysineg	0.138	0	A	1		0.229		
Methionineg	0.079	0	A	1		0.131		
Cystineg	0.128	0	A	1		0.212		
Phenylalanineg	0.246	0	A	1		0.409		
Tyrosineg	0.108	0	A	1		0.180		
Valineg	0.216	0	A	1		0.359		
Arginineg	0.236	0	A	1		0.392		
Histidineg	0.118	0	A	1		0.196		
Alanineg	0.167	0	A	1		0.278		
Aspartic acidg	0.236	0	A	1		0.392		
Glutamic acidg	1.742	0	A	1		2.892		
Glycineg	0.187	0	A	1		0.310		
Prolineg	0.601	0	A	1		0.997		
Serineg	0.216	0	A	1		0.359		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 166g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's

		Amou	nt in 100 gr	ams o	Amount in edible portion of common				
			Num	ber				easures of fo	
					Deriv	Source Confidence	_		
Nestria neta an el Uni		Maan Ct	i. Error Po			Code Code	-	M 0	
Nutrients and Uni	ts	Mean Sto	i. Error Fo	iiits '	Coue	Code Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	a	66.64	0.902	6	A	1	376.51	89.30	
Energy	_	170		0	NC	4	961	228	
Energy		712		0	NC	4	4023	954	
Protein		7.84	0.324	6	A	1	44.31	10.51	
Total lipid (fat)	-	8.52	0.644	6	A	1	48.15	11.42	
Ash	-	1.49	0.059	6	A	1	8.42	2.00	
	-	15.51	0.039	0	NC	4	87.61		
Carbohydrate, by difference		1.5	0.096	3	NC A	1	8.3	20.78	
Fiber, total dietary								2.0	
Sugars, total		2.03	0.203	3	A	1	11.49	2.72	
Sucrose		0.50	0.000	3	A	1	2.83	0.67	
Glucose (dextrose)		0.63	0.088	3	A	1	3.58	0.85	
Fructose	g	0.70	0.100	3	A	1	3.95	0.94	
Lactose	g	0.00	0.000	3	A	1	0.00	0.00	
Maltose	g	0.20	0.058	3	A	1	1.13	0.27	
Galactose	g	0.00	0.000	3	A	1	0.00	0.00	
Starch		11.37	1.594	3	A	1	64.22	15.23	
/linerals:_									
Calcium, Ca	mg	45	2.512	6	A	1	257	61	
Iron, Fe	_	1.29	0.037	6	A	1	7.28	1.73	
Magnesium, Mg	_	23	0.815	6	A	1	128	30	
Phosphorus, P		89	2.766	6	A	1	505	120	
Potassium, K		206	8.882	6	A	1	1163	276	
Sodium, Na	_	351	16.846	6	A	1	1980	470	
Zinc, Zn	_	1.04	0.031	6	A	1	5.86	1.39	
Copper, Cu	_	0.106	0.003	6	A	1	0.601	0.143	
Manganese, Mn		0.277	0.012	6	A	1	1.568	0.372	
Selenium, Se		18.4	0.709	3	A	1	104.0	24.7	
/itamins:									
Vitamin C, total ascorbic acid	mq	0.9	0.121	3	A	1	4.9	1.2	
Thiamin	_	0.107	0.015	3	A	1	0.602	0.143	
Riboflavin	-	0.167	0.009	3	A	1	0.942	0.223	
Niacin	_	2.000	0.140	3	A	1	11.299	2.680	
Pantothenic acid	_	0.440		2	A	1	2.486	0.590	
Vitamin B-6	_	0.143	0.015	3	A	1	0.808	0.192	
Folate, total	_	36	4.219	3	A	1	202	48	
Folate, DFE		30	1.215	•		-	202	10	
Choline, total									
Betaine									
Vitamin B-12		0.39	0.044	3	A	1	2.22	0.53	
Vitamin A, RAE		28	0.011	0	AS	1	156	37	
Vitamin A, IU	1. 7	258		0	AS	1	1460	346	
		2740	404 341			1			
Lycopene		2740 159	404.341 2.180	3 3	A A	1	15480 897	3671 213	
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)		0.75	0.057	3 3	A A	1 1	4.22	1.00	
Tocopherol, beta		0.00	0.000		A		0.00	0.00	
Tocopherol, gamma	_	0.36	0.084	3	A	1	2.04	0.48	
Tocopherol, delta		0.06	0.037	3	A	1	0.36	0.09	
Tocotrienol, alpha		0.03	0.015	3	A	1	0.17	0.04	
Tocotrienol, beta	•	0.27	0.040	3	A	1	1.51	0.36	
Tocotrienol, gamma		0.08		3	A	1	0.46	0.11	
Tocotrienol, delta		0.00	0.000	3	A	1	0.00	0.00	
Vitamin D (D2 + D3)									
Vitamin D2 (ergocalciferol)	µg								
Vitamin D3 (cholecalciferol)									
Vitamin D	IU								
Vitamin K (phylloquinone)	ua								

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 3.104 0 NC 4 17.540 4.160 0.007 0.001 3 1 0.009 4:0.....g Α 0.040 0.006 0.001 3 6:0.....g Α 1 0.034 0.008 0.005 0.000 3 0.030 0.007 А 8:0.....g 0.001 3 0.020 10:0.....g Α 1 0.112 0.027 0.022 0.003 12:0.....g 3 1 0.124 0.029 13:0.....g 0.199 0.021 3 1 1.126 0.267 14:0.....g 0.003 3 0.025 1 0.033 Α 0.139 15:0.....g 16:0.....g 1.824 0.145 3 Α 1 10.305 2.444 0.006 0.055 3 0.312 0.074 Α 1 18:0.....g 0.916 0.081 3 1 5.173 1.227 0.015 0.001 3 1 А 0.085 0.020 20:0.....g 22:0.....g 0.006 0.000 3 Α 1 0.036 0.008 0.004 0.000 3 0.024 0.006 Α 1 3.600 0 NC 4 20.338 4.824 Fatty acids, total monounsaturated......g 0.041 0.006 3 Α 1 0.230 0.054 14:1.....g 0.000 0.000 3 A 1 0.000 0.000 0.210 0.020 1.188 0.282 16:1 undifferentiated......g AS 1 0.195 0.019 3 А 1 1.099 0.261 16:1 c.....g 0.016 0.002 3 Α 1 0.088 0.021 16:1 t.....g 0.040 0.005 3 А 1 0.226 0.054 17:1.....g 18:1 undifferentiated Q 3.254 0.203 3 AS 1 18.387 4.361 3.085 0.182 3 1 17.432 4.134 18:1 c.....g 0.169 0.035 0.955 0.226 18:1 t.....g Α 1 18:1-11 t (18:1t n-7)......g 0.002 3 0.071 0.053 1 0.297 20:1.....g Α 0.002 0.000 3 AS 1 0.011 0.003 22:1 c.....g 0.002 0.000 3 Α 1 0.011 0.003 0.000 3 22:1 t.....g 0.000 Α 1 0.000 0.000 0.000 3 0.000 А 0.000 0.000 Fatty acids, total polyunsaturated......g 1.213 ٥ NC 4 6.852 1,625 0.024 18:2 undifferentiated.....g 1.054 AS 1 5.954 1.412 18:2 n-6 c,c.....g 0.994 0.018 3 Α 1 5.616 1.332 0.028 0.004 3 0.158 0.037 Α 1 18:2 t,t.....g 18:2 i.....g 0.032 0.004 3 0.181 0.043 1 18:2 t not further defined.......Q Α 0.085 0.007 3 0.479 0.114 18:3 undifferentiated......g 1 0.081 0.007 3 18:3 n-3 c,c,c (ALA)......g 1 0.457 0.108 А 18:3 n-6 c,c,c......g 0.004 0.001 3 Α 1 0.022 0.005 0.000 0.000 3 1 0.000 0.000 18:3i.....g Α 18:4.....g 0.000 0.000 3 А 1 0.000 0.000 0.027 0.002 3 0.037 Α 1 0.154 20:2 n-6 c,c.....g 20:3 undifferentiated......g 0.014 0.001 3 AS 1 0.079 0.019 0.000 3 0.004 1 А 0.021 0.005 20:3 n-3.....g 0.010 0.001 3 0.058 0.014 20:3 n-6.....g Α 1 0.002 3 0.020 Α 1 0.111 0.026 20:4 n-6.....g 0.000 0.000 3 1 0.002 0.000 Α 21:5.....g 0.001 22:4.....g 0.008 Α 1 0.043 0.010 0.000 22:5 n-3 (DPA)......g 0.005 3 Α 1 0.030 0.007 0.000 22:6 n-3 (DHA).....g 0.000 Α 1 0.000 0.000 Fatty acids, total trans......g 0.217 0 NC 4 1.224 0.290 0.185 0 NC 4 1.043 0.247 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g 0.032 0 NC 4 0.181 0.043 19 1.933 А 107 Cholesterol....mg Phytosterols.....mg

	Amount in 1	Numbe	•		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro	of Data or Points		Source Con Code (Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.090	0	A	1		0.509	0.121	
Threonineg	0.330	0	A	1		1.865	0.442	
Isoleucineg	0.370	0	A	1		2.091	0.496	
Leucineg	0.710	0	A	1		4.011	0.951	
Lysineg	0.560	0	A	1		3.164	0.750	
Methionineg	0.190	0	A	1		1.073	0.254	
Cystineg	0.140	0	A	1		0.791	0.188	
Phenylalanineg	0.400	0	A	1		2.260	0.536	
Tyrosineg	0.250	0	A	1		1.413	0.335	
Valineg	0.450	0	A	1		2.542	0.603	
Arginineg	0.500	0	A	1		2.825	0.670	
Histidineg	0.270	0	A	1		1.526	0.362	
Alanineg	0.440	0	A	1		2.485	0.589	
Aspartic acidg	0.690	0	A	1		3.898	0.924	
Glutamic acid	2.240	0	A	1		12.656	3.002	
Glycineg	0.460	0	A	1		2.599	0.616	
Proline	0.790	0	A	1		4.464	1.059	
Serineg	0.390	0	A	1		2.203	0.522	
Hydroxyprolineg	0.060	1	A	1		0.338	0.080	

Common Measures:

Measure 1 = 565g: 1 serving Measure 2 = 134g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Denny's family style Refuse:0%

		<u>Am oun</u>	t in 100 gr			ble portio	<u>n</u>		edible portion easures of fo	
				ber		_		<u>m</u>	easures of 100	<u>Ju</u>
						Source (Confidence			
Nutrients and U	nits	Mean Std	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	61.82	0.504	6	A	1		66.15		
Energy	-	182	0.001	0	NC	4		195		
Energy		762		0	NC	4		816		
Protein		28.90	0.421	6	A	1		30.92		
Total lipid (fat)		7.34	0.401	6	A	1		7.85		
Ash		1.80	0.080	6	A	1		1.92		
Carbohydrate, by difference	-	0.14	0.000	0	NC	4		0.15		
Fiber, total dietary		0.11		·	110	-		0.15		
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	6	0.231	6	A	1		7		
Iron, Fe	-	3.27	0.240	6	A	1		3.50		
Magnesium, Mg	-	24	0.309	6	A	1		25		
Phosphorus, P	-	264	3.807	6	A	1		283		
Potassium, K	-	341 349	4.256	6	A A	1 1		364 374		
Sodium, Na	-		12.323	6	A A	1				
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	5.26 0.118	0.136 0.004	6 6	A A	1		5.63 0.127		
Copper, Cu		0.118	0.004	6	A	1		0.127		
Manganese, Mn Selenium, Se		0.017	0.003		A	1		0.018		
Seiemum, Se	µу	0.0	0.001	O	А	_		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.050		1	A	1		0.054		
Riboflavin	mg	0.220		1	A	1		0.235		
Niacin		5.310		1	A	1		5.682		
Pantothenic acid	-	0.740		1	A	1		0.792		
Vitamin B-6	-	0.613		1	A	1		0.656		
Folate, total										
Folate, DFE										
Choline, total	-									
Betaine	-	2.70		1		1		2.89		
Vitamin B-12		2.70		1	A	_		2.69		
Vitamin A, RAE										
Vitamin A, IU Lycopene										
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)	µg	1.0		1	A	1		1.1		
Dihydrophylloquinone	µg	0.0		1	A	1		0.0		
Menaquinone-4	µg	3.5		1	A	1		3.8		
Lipids:										
Fatty acids, total saturated	a	2.595		0	NC	4		2.777		
4:0		2.333		Ū	110	-		2.///		
6:0										
8:0		0.001	0.000	6	A	1		0.001		
10:0		0.013	0.002	6	A	1		0.014		
		0.013	0.002	-		_		0.011		

Phenylalanine.....g

Tyrosine.....g

1.221

0.991

0

A

А

1

1

1.306

1.060

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 13:0......g 0.150 0.015 6 0.160 14:0.....g Α 1 0.026 0.002 1 0.028 15:0......g 6 0.120 1,440 6 Α 1 1.541 16:0.....g 17:0.....g 0.070 0.005 6 А 1 0.075 0.075 6 0.874 18·0 Α 1 0.936 20:0.....g 0.007 0.000 6 0.008 0.000 0.003 6 Α 1 0.003 22:0.....g 0.001 0.000 6 A 1 0.001 2.840 Fatty acids, total monounsaturated......g NC 3.039 0.003 14:1.....g 0.032 6 Α 1 0.034 0.000 0.000 6 1 А 0.000 15:1.....g 16:1 undifferentiated......g 0.212 0.016 6 AS 1 0.227 0.193 0.015 6 0.206 16:1 c.....g Α 1 0.019 0.001 6 Α 1 0.020 16:1 t......g 0.002 0.000 6 А 1 0.002 17:1.....g 2.570 0.199 6 1 2.750 18:1 undifferentiated......g AS 2.345 0.183 2.510 Α 1 18:1 c......g 0.225 0.028 1 0.241 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.020 0.001 6 20:1.....g Α 1 0.021 22:1 undifferentiated.....g 0.003 0.000 6 AS 0.003 1 0.000 6 0.003 Α 1 0.003 22:1 c.....g 0.000 0.000 Α 1 0.000 22:1 t......q 0.001 0.000 6 Α 1 0.001 24:1 c.....g Fatty acids, total polyunsaturated......g 0.672 NC 0.719 0.038 0.486 6 AS 1 0.520 0.428 0.036 6 Α 1 18:2 n-6 c,c.....g 0.458 18:2 CLAs......g 0.027 0.003 6 А 1 0.029 18:2 t.t.....g 18:2 i.....g 0.032 0.004 6 1 0.034 18:2 t not further defined.....g 0.004 0.036 18:3 undifferentiated......g 6 AS 1 0.039 0.034 0.004 18:3 n-3 c,c,c (ALA)......g Α 0.037 0.002 0.000 6 1 0.002 18:3 n-6 c,c,c....g Α 18:3i.....g 0.001 0.000 6 1 0.001 18:4......g Α 20:2 n-6 c,c.....g 0.005 0.000 6 Α 1 0.005 0.024 0.002 6 AS 1 0.026 20:3 undifferentiated.....g 20:3 n-3.....g 0.001 0.000 6 A 1 0.001 0.023 0.002 6 0.025 1 20:3 n-6 Α 20:4 undifferentiated......g 0.079 0.003 6 1 0.084 20:4 n-6.....g 0.010 0.001 6 А 1 0.011 20:5 n-3 (EPA)......g 21:5.....g 0.008 0.001 6 22:4.....g Α 1 0.009 22:5 n-3 (DPA).....g 0.020 0.001 6 Α 1 0.021 0.000 22:6 n-3 (DHA)......g 0.003 6 Α 1 0.003 0.276 NC 4 0.295 NC Fatty acids, total trans-monoenoic......g 0.244 ٥ 4 0.261 4 Fatty acids, total trans-polyenoic.......g 0.032 NC 0.034 1.610 6 Cholesterol....mg 82 А 1 88 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.380 0 A 1 0.407 Threonine.....g 1.371 0 Α 1 1.467 1.401 А 1 1.499 0 Leucine.....g 2.432 Α 1 2.602 2.021 0 Α 1 2.163 Methionine.....g 0.741 0 Α 1 0.792 Cystine.....g 0.280 A 1 0.300

NDB No. 36615

DENNY'S, top sirloin steak

	Amount in	100 gram s	Amount in edible portion of common				
Nutrients and Units	Mean Std. Err	Number of Data or Points	Deriv	Source Confidence Code Code		easures of foo	od Measure 3
Valineg	1.491	0	A	1	1.595		
Arginineg	1.981	0	A	1	2.120		
Histidineg	0.991	0	A	1	1.060		
Alanineg	1.721	0	A	1	1.842		
Aspartic acidg	2.842	0	A	1	3.041		
Glutamic acidg	4.573	0	A	1	4.894		
Glycineg	1.491	0	A	1	1.595		
Prolineg	1.111	0	A	1	1.189		
Serine	1.151	0	A	1	1.231		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 steak

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	ınt in 100 gı	ram s	of edi	ble portior	<u>1</u>	Amount in edible portion of common			
			Nur	nber	r			<u>m</u>	easures of fo	<u>od</u>	
						Source C	onfidence				
Nutrients and Unit	te	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Nutrients and one	ıs	Mean St	.a. 🗀 101 1 0	, iii t	Oouc	Jouc	oouc	weasure i	WedSure 2	weasure .	
Proximates:											
Water	g	65.96	0.559	6	A	1		299.45			
Energy	kcal	159		0	NC	4		721			
Energy	kJ	664		0	NC	4		3015			
Protein	g	7.44	0.090	6	A	1		33.76			
Total lipid (fat)	g	5.61	0.186	6	A	1		25.45			
Ash	g	1.36	0.044	6	A	1		6.18			
Carbohydrate, by difference	g	19.64		0	NC	4		89.15			
Fiber, total dietary	g	1.1	0.039	3	A	1		5.1			
Sugars, total	g	4.85	0.237	3	A	1		22.02			
Sucrose		0.00	0.000	3	A	1		0.00			
Glucose (dextrose)		0.86	0.007	3	A	1		3.92			
Fructose		0.74	0.013	3	A	1		3.37			
Lactose	g	2.77	0.198	3	A	1		12.58			
Maltose		0.47	0.045	3	A	1		2.15			
Galactose	q	0.00	0.000	3	A	1		0.00			
Starch		14.00	0.611	3	A	1		63.56			
Minerals:											
Calcium. Ca	ma	121	4.956	6	A	1		550			
Iron, Fe		0.96	0.043	6	A	1		4.34			
Magnesium, Mg		23	0.189	6	A	1		103			
Phosphorus, P		129	3.642	6	A	1		586			
Potassium, K		184	7.654	6	A	1		837			
Sodium, Na		269	8.514	6	A	1		1222			
Zinc, Zn	-	0.75	0.022	6	A	1		3.42			
Copper, Cu		0.076	0.004	6	A	1		0.347			
Manganese, Mn		0.180	0.003	6	A	1		0.819			
Selenium, Se		18.8	0.586	3	A	1		85.4			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	-	0.150	0.006	3	A	1		0.681			
Riboflavin		0.237	0.009	3	A	1		1.074			
Niacin	mg	1.753	0.124	3	A	1		7.960			
Pantothenic acid	mg	0.460		2	A	1		2.088			
Vitamin B-6	mg	0.090	0.006	3	A	1		0.408			
Folate, total	µg	44		2	A	1		201			
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.32	0.066	3	A	1		1.45			
Vitamin A, RAE	µg	48		0	AS	1		218			
Vitamin A, IU	J <u>U</u>	330		0	AS	1		1500			
Lycopene	µg	1368		2	A	1		6213			
Lutein + zeaxanthin		111		2	A	1		505			
Vitamin E (alpha-tocopherol)		0.45		2	A	1		2.02			
Tocopherol, beta	g	0.00		2	A	1		0.00			
Tocopherol, gamma		0.82		2	A	1		3.71			
Tocopherol, delta		0.00		2	A	1		0.00			
Tocotrienol, alpha		0.03		2	A	1		0.13			
Tocotrienol, beta	-	0.15		2	A	1		0.69			
Tocotrienol, gamma		0.00		2	A	1		0.00			
Tocotrienol, delta		0.00		2	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.531 0 NC 11.490 4:0.....g 0.085 0.004 6 Α 1 0.385 6:0.....g 0.067 0.003 A 0.303 0.002 0.041 6 8:0.....g Α 1 0.185 10:0.....g 0.102 0.005 6 Α 1 0.464 0.005 6 0.117 12:0.....g Α 1 0.533 13:0.....g 0.015 0.384 6 14:0.....g Α 1 1.745 0.041 0.001 6 1 Α 0.187 1,220 0.039 6 5.539 16:0.....g Α 1 17:0.....g 0.025 0.001 6 1 0.114 0.434 0.019 6 Α 1 1.972 18:0.....g 0.008 0.000 6 А 1 0.037 0.003 0.000 6 Α 1 0.015 22:0.....g 0.002 0.000 А 0.009 24:0.....g 1 NC 1.428 0 4 6.481 14:1.....g 0.037 0.002 6 Α 1 0.166 0.000 0.000 6 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.075 0.005 6 AS 1 0.341 0.063 0.004 6 Α 1 0.287 16:1 c.....g 0.012 0.001 6 Α 1 0.054 16:1 t.....g 0.008 0.000 6 0.038 17:1.....g Α 1 18:1 undifferentiated......g 1.293 0.041 6 AS 1 5.871 1.210 0.038 6 Α 1 5.495 18:1 c.....g 0.083 0.004 6 Α 1 0.377 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.001 6 0.014 Α 1 0.064 20:1.....g 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 6 Α 1 0.000 0.000 0.000 6 1 0.000 22:1 t......g Α 0.000 0.000 6 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.547 NC 2.483 0.011 6 18:2 undifferentiated......g 0.462 AS 1 2.096 0.418 0.010 A 1 1.898 18:2 n-6 c.c....g 0.001 6 18:2 CLAs......g 0.017 1 0.079 18:2 t,t.....g 18:2 i.....g 0.026 0.001 6 1 0.119 18:2 t not further defined......g 18:3 undifferentiated......g 0.004 0.067 6 0.305 1 AS 18:3 n-3 c,c,c (ALA)......g 0.066 0.004 6 A 1 0.299 0.001 0.001 18:3 n-6 c,c,c.....g 6 0.006 Α 1 0.000 0.000 0.000 18:3i.....g 6 1 0.000 0.000 6 А 1 0.000 18:4.....g 0.001 0.000 6 Α 1 0.006 20:2 n-6 c,c.....g 0.005 0.000 6 20:3 undifferentiated.....g AS 1 0.022 0.000 0.000 6 A 1 0.000 20:3 n-3.....g 0.000 0.005 6 Α 1 0.022 20:3 n-6.....g 0.010 0.000 6 1 0.045 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 6 А 1 0.002 21:5......g 0.000 0.000 6 22:4.....g Α 1 0.000 22:5 n-3 (DPA).....g 0.002 0.001 0.008 6 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 6 Α 1 0.000 0.121 0 NC 4 0.549 Fatty acids, total trans-monoenoic......g 0.095 0 NC 4 0.430 0.026 0.119 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 23 0.334 3 1 103 Phytosterols.....mg Amino Acids: 0.751 Tryptophan.....g 0.165 1 Α 0.279 0 Α 1 1.268 Threonine......g

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.321	0	A	1		1.456		
Leucine	0.673	0	A	1		3.053		
Lysineg	0.507	0	A	1		2.302		
Methionineg	0.176	0	A	1		0.799		
Cystineg	0.124	0	A	1		0.563		
Phenylalanineg	0.362	0	A	1		1.644		
Tyrosineg	0.259	0	A	1		1.175		
Valineg	0.383	0	A	1		1.738		
Arginineg	0.310	0	A	1		1.409		
Histidineg	0.165	0	A	1		0.751		
Alanineg	0.259	0	A	1		1.175		
Aspartic acidg	0.538	0	A	1		2.443		
Glutamic acidg	1.976	0	A	1		8.973		
Glycineg	0.197	0	A	1		0.892		
Prolineg	1.014	0	A	1		4.604		
Serineg	0.403	0	A	1		1.832		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 454g: 1 serving varied from 7-9 ravioli per serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am c</u>	ount in 100 g	gram	s of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Nı	ımbe	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean S	Std. Error F				Code	Measure 1	Measure 2	Measure 3	
Proximates:	_	58.62	2 62	0 6	_	-		150.00			
Water		211	0.62	B 6 0	A NC	1 4		178.22 643			
Energy		885		0	NC	4		2690			
Protein		15.33	0.38		A	1		46.61			
	-	11.23	0.36		A	1		34.13			
Total lipid (fat)	-	2.54	0.26		A	1		7.72			
Ash	-	12.28	0.06	0		4		37.32			
Carbohydrate, by difference		0.9	0.10		NC A	1		2.8			
Fiber, total dietary											
Sugars, total		2.68	0.26		A	1		8.15			
Sucrose		0.00	0.00		A	1		0.00			
Glucose (dextrose)		1.01	0.06		A	1		3.07			
Fructose		0.72	0.06		A	1		2.19			
Lactose		0.51	0.32		A	1		1.56			
Maltose		0.44	0.03		A	1		1.33			
Galactose		0.00	0.00		A	1		0.00			
Starch	g	8.47	0.03	3 3	A	1		25.74			
Minerals:		25			_			000			
Calcium, Ca	-	95 0.58	7.70		A A	1 1		289			
Iron, Fe		25	0.04		A	1		1.75 76			
Magnesium, Mg Phosphorus, P		236	5.62		A	1		716			
Potassium, K		277	8.49		A	1		843			
Sodium, Na		625	15.53		A	1		1900			
Zinc, Zn		0.86	0.03		A	1		2.60			
Copper, Cu		0.062			A	1		0.189			
Manganese, Mn		0.129			A	1		0.392			
Selenium, Se		24.0	2.71		A	1		73.0			
Vitamins:											
Vitamin C, total ascorbic acid	mq										
Thiamin	-	0.057	7 0.01	9 3	A	1		0.172			
Riboflavin	-	0.163	0.00	9 3	A	1		0.496			
Niacin		5.580	0.49	5 3	A	1		16.963			
Pantothenic acid	_	0.95	5	2	A	1		2.903			
Vitamin B-6	-	0.183	0.00	3 3	A	1		0.557			
Folate, total	µg	16		2	A	1		49			
Folate, DFE											
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.34	0.04	4 3	A	1		1.02			
Vitamin A, RAE	µg	37		0	AS	1		113			
Vitamin A, IU	<u>I</u> U	259		0	AS	1		786			
Lycopene	µg	1211		2	A	1		3681			
Lutein + zeaxanthin	µg	59		2	A	1		178			
Vitamin E (alpha-tocopherol)		1.59		2	A	1		4.85			
Tocopherol, beta		0.04		2	A	1		0.12			
Tocopherol, gamma		2.21		2	A	1		6.72			
Tocopherol, delta		0.19		2	A	1		0.57			
Tocotrienol, alpha		0.06		2	A	1		0.17			
Tocotrienol, beta		0.00		2	A	1		0.00			
Tocotrienol, gamma		0.07		2	A	1		0.22			
Tocotrienol, delta		0.00		2	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
	<u>I</u> U										
Vitamin D											
Vitamin D Vitamin K (phylloquinone) Dihydrophylloquinone	µg										

	<u>.</u>	<u>Am oui</u>	nt in 100 g	rams	Amount in edible portion of common					
			Nu	mbei					easures of foo	
						Source C	Confidence			
Nutrients and Units	Mear	St.	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	ivieai	1 310	и. БТОГ • •		oouo	0000	0000	Measure i	Weasure 2	Weasure 3
Linide										
Lipids: Fatty acids, total saturated	a a	.113		0	NC	4		6.424		
4:0		.049	0.001		A	1		0.148		
6:0	•	.033	0.001		A	1		0.099		
8:0	.g 0	.022	0.001	6	A	1		0.066		
10:0	.g 0	.052	0.002	6	A	1		0.157		
12:0	-	.062	0.003	6	A	1		0.188		
13:0	-									
14:0	_	.206	0.008		A	1		0.626		
15:0	_	.022	0.001		A	1		0.067		
16:0 17:0	_	.117	0.040 0.001		A A	1 1		3.396 0.053		
18:0	.0	.444	0.016		A	1		1.350		
20:0	_	.048	0.001		A	1		0.146		
22:0		.027	0.001		A	1		0.083		
24:0		.015	0.001	6	A	1		0.047		
Fatty acids, total monounsaturated	.g 5	.803		0	NC	4		17.640		
14:1	.g 0	.019	0.001	6	A	1		0.058		
15:1	.g 0	.000	0.000	6	A	1		0.000		
16:1 undifferentiated	.g 0	.094	0.004	6	AS	1		0.287		
16:1 c	_	.088	0.004	6	A	1		0.267		
16:1 t	_	.006	0.000		A	1		0.019		
17:1	-	.010	0.000		A	1		0.030		
18:1 undifferentiated	_	.562	0.153		AS	1		16.909		
18:1 c	_	.500	0.154		A	1		16.719		
18:1 11 4 (18:14 = 7)		.062	0.004	6	A	1		0.189		
18:1-11 t (18:1t n-7) 20:1	-	.105	0.003	6	A	1		0.319		
22:1 undifferentiated	-	.003	0.000		AS	1		0.009		
22:1 c		.003	0.000		A	1		0.009		
22:1 t		.000	0.000		A	1		0.000		
24:1 c		.010	0.000	6	A	1		0.030		
Fatty acids, total polyunsaturated	.g 2	.020		0	NC	4		6.142		
18:2 undifferentiated	.g 1	.733	0.061	6	AS	1		5.267		
18:2 n-6 c,c	.g 1	.691	0.060	6	A	1		5.142		
18:2 CLAs		.015	0.001	6	A	1		0.045		
18:2 t,t										
18:2 i				_	_	_				
18:2 t not further defined 18:3 undifferentiated		.026	0.002		A As	1 1		0.080 0.709		
18:3 n-3 c,c,c (ALA)	_	.221	0.009		A5 A	1		0.709		
18:3 n-6 c.c.c.	•	.012	0.001		A	1		0.036		
18:3i	•	.000	0.000		A	1		0.000		
18:4		.000	0.000		A	1		0.000		
20:2 n-6 c.c		.007	0.000		A	1		0.022		
20:3 undifferentiated	.g 0	.008	0.001	6	AS	1		0.023		
20:3 n-3	.g 0	.000	0.000	6	A	1		0.000		
20:3 n-6	.g 0	.008	0.001	6	A	1		0.023		
20:4 undifferentiated	.g 0	.027	0.002	6	A	1		0.083		
20:4 n-6	-									
20:5 n-3 (EPA)	-	.001	0.000	6	A	1		0.003		
21:5		007	0 001	_		-		0.000		
22:4	_	.007	0.001		A A	1 1		0.023 0.010		
22:5 n-3 (DPA) 22:6 n-3 (DHA)		.003	0.000		A A	1		0.010		
Fatty acids, total trans		.095	0.000	0	NC	4		0.003		
Fatty acids, total trans-monoenoic		.069		0	NC	4		0.208		
Fatty acids, total trans-polyenoic	•	.026		0	NC	4		0.080		
Cholesterol	•		1.988	3	A	1		122		
Phytosterols	.mg									
Amino Acids:										
Tryptophan	.g 0	.188		0	A	1		0.571		
Threonine	•	.603		0	A	1		1.834		

	Amount in 1	00 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.663	0	A	1		2.015		
Leucineg	1.227	0	A	1		3.729		
Lysineg	1.266	0	A	1		3.849		
Methionine9	0.376	0	A	1		1.142		
Cystineg	0.188	0	A	1		0.571		
Phenylalanine	0.999	0	A	1		3.037		
•	0.475	0	A	1		1.443		
Tyrosine	0.742	0	A	1		2.255		
_	0.870	0	A	1		2.646		
Arginine	0.485	0	A	1		1.474		
_	0.732	0	A	1		2.225		
Alanineg		0		1				
Aspartic acid	1.246	·	A	1		3.789		
Glutamic acidg	2.641	0	A	1		8.029		
Glycineg	0.584	0	A	1		1.774		
Prolineg	1.088	0	A	1		3.308		
Serineg	0.643	0	A	1		1.954		
Hydroxyprolineg	0.020	1	A	1		0.060		

Common Measures:

Measure 1 = 304g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr			ble portic	<u>on</u>	Amount in edible portion of common		
			Num					<u>m</u>	easures of fo	<u>Ju</u>
			of I	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	65.29	0.220	6	A	1		275.52		
Water		184	0.220	0	NC	4		777		
Energy										
Energy		770		0	NC	4		3249		
Protein		11.28	0.321	6	A	1		47.61		
Total lipid (fat)		10.84	0.310	6	A	1		45.76		
Ash		2.25	0.041	6	A	1		9.51		
Carbohydrate, by difference		10.33		0	NC	4		43.61		
Fiber, total dietary		1.6	0.142	3	A	1		6.9		
Sugars, total	g	3.53	0.151	3	A	1		14.91		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		1.02	0.069	3	A	1		4.29		
Fructose		1.11	0.124	3	A	1		4.70		
Lactose		1.22	0.054	3	A	1		5.16		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.18	0.017	3	A	1		0.76		
Starch		4.83	0.384	3	A	1		20.40		
	9	4.03	0.304	,	-	-		20.40		
Minerals: Calcium, Ca	ma	211	7.361	6	A	1		888		
Iron, Fe		0.75	0.028	6	A	1		3.17		
		22	0.028	6	A	1		92		
Magnesium, Mg Phosphorus, P		183	4.347	6	A	1		772		
	_	258	11.932	6	A	1		1088		
Potassium, K		450	9.854	6	A	1		1898		
Sodium, Na		1.31	0.041	6	A	1		5.55		
Zinc, Zn		0.061	0.041	6	A	1		0.258		
Copper, Cu			0.004	6	A	1		0.258		
Manganese, Mn		0.113 15.2	0.436	3	A	1		64.1		
Selenium, Se	P9	13.2	0.430	,	A	-		04.1		
<u>Vitamins:</u>		٥. ٦	0 043	_	_			2.0		
Vitamin C, total ascorbic acid	_	0.7	0.243	3	A	1		3.0		
Thiamin	_	0.160	0.006	3	A	1		0.675		
Riboflavin	_	0.273	0.003	3	A	1		1.153		
Niacin		1.930	0.189	3	A	1		8.144		
Pantothenic acid		0.515		2	A	1		2.173		
Vitamin B-6										
Folate, total		35	1.877	3	A	1		148		
Folate, DFE										
Choline, total		33.5		0	AS	1		141.6		
Betaine		594.4		1	A	1		2508.4		
Vitamin B-12		0.55	0.015	3	A	1		2.32		
Vitamin A, RAE	1. 7	60		0	AS	1		255		
Vitamin A, IU	JU	414		0	AS	1		1749		
Lycopene		2177	331.087	3	A	1		9188		
Lutein + zeaxanthin	µg	105	3.883	3	A	1		441		
Vitamin E (alpha-tocopherol)	mg	0.86	0.039	3	A	1		3.61		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma	mg	0.20	0.043	3	A	1		0.83		
Tocopherol, delta	mg	0.01	0.014	3	A	1		0.06		
Tocotrienol, alpha		0.01	0.014	3	A	1		0.06		
Tocotrienol, beta		0.04	0.035	3	A	1		0.15		
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D. (choicealchefol)										
Vitamin K (phylloquinone)		6.8		2	A	1		28.8		
Dihydrophylloquinone		0.3		2	A	1		1.1		
Menaquinone-4		3.2		2	A	1		13.6		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Menaquinone-4......µg 3.2 Α 1 Lipids: Fatty acids, total saturated......g 5.347 NC 22.563 4:0.....g 0.138 0.008 6 A 1 0.582 0.006 0.112 6 А 1 0.475 6:0......g 8:0.....g 0.075 0.004 6 Α 1 0.316 0.194 0.007 0.817 6 Α 1 12:0.....g 0.214 0.006 6 1 0.904 13:0......g 14:0.....g 0.747 0.017 6 Α 1 3.152 0.081 0.002 6 0.340 Α 1 16:0.....g 2.586 0.047 6 Α 1 10.914 0.002 17:0.....g 0.067 6 А 1 0.281 1.104 0.036 18·0 6 Α 1 4.658 0.001 20:0.....g 0.016 Α 0.067 0.001 0.008 6 22:0.....g Α 1 0.034 24·0 a 0.005 0.000 6 А 1 0.022 3,203 Fatty acids, total monounsaturated......g 0 NC 4 13.515 0.079 0.002 A 0.332 14:1.....g 0.000 0.000 6 1 15:1.....g Α 0.000 16:1 undifferentiated......g 0.194 0.006 6 AS 1 0.818 0.005 16:1 c.....g 0.164 6 Α 1 0.693 0.030 0.001 16:1 t.....g 0.126 0.001 17:1.....g 0.029 6 А 1 0.124 2.871 0.079 18:1 undifferentiated......g 6 AS 1 12.114 0.070 2.636 6 11.122 18:1 c.....g Α 1 18:1 t.....g 0.235 0.010 1 0.991 18:1-11 t (18:1t n-7).....g 0.030 0.001 6 0.126 20:1.....g Α 1 0.000 0.000 0.001 6 AS 1 0.000 0.000 6 0.001 22:1 c.....g Α 1 0.000 0.000 6 1 А 0.000 22:1 t.....g 24:1 c.....g 0.000 0.000 6 Α 1 0.000 0.789 NC 4 3.332 18:2 undifferentiated......g 0.664 0.026 6 AS 1 2.804 0.552 0.024 18:2 n-6 c,c.....g 6 Α 1 2.329 0.043 0.003 6 Α 1 0.183 18:2 CLAs.....g 18:2 t.t.....g 18:2 i.....g 0.002 18:2 t not further defined......g 0.069 6 1 0.291 Α 0.003 6 18:3 undifferentiated.....g 0.060 AS 1 0.253 0.002 6 18:3 n-3 c,c,c (ALA).....g 0.058 Α 1 0.243 0.000 0.002 6 Α 1 0.006 0.001 0.000 18:3i.....g 6 А 1 0.004 18:4.....g 0.000 0.000 6 Α 1 0.000 0.010 0.001 20:2 n-6 c,c.....g Α 0.044 0.001 0.012 6 20:3 undifferentiated.....g AS 1 0.052 0.001 0.000 6 1 20:3 n-3.....g Α 0.006 0.000 0.011 6 20:3 n-6.....g Α 1 0.046 20:4 undifferentiated.....g 0.025 0.001 0.108 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.003 0.000 6 Α 1 0.013 21:5.....g 22:4.....g 0.005 0.000 6 1 0.019 22:5 n-3 (DPA).....g 0.007 0.000 6 0.030 Α 1 0.001 0.000 6 А 1 0.005 22:6 n-3 (DHA)......g 0.335 0 NC 4 1,412 Fatty acids, total trans......g 0.265 0 NC 4 1.117 Fatty acids, total trans-monoenoic......g 0.070 0 NC 4 0.295 Fatty acids, total trans-polyenoic......g 40 0.954 3 А 1 171 Cholesterol....mg Phytosterols.....mg Amino Acids:

0.125

Tryptophan.....g

0

Α

1

0.528

	Amount in 100 grams of edible portion Number of Data Deriv Source Confidence						Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Error				Code	Measure 1	Measure 2	Measure 3		
Threonine g Isoleucine g Leucine g Lysine g	0.393 0.429 0.902 0.840	0 0 0	A A A	1 1 1		1.659 1.810 3.808 3.544				
Methionine	0.250 0.116 0.500 0.348 0.483	0 0 0 0	A A A A	1 1 1 1		1.056 0.490 2.112 1.470 2.036				
Arginine	0.456 0.277 0.429 0.804	0 0 0	A A A	1 1 1		1.923 1.169 1.810 3.393				
Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9	2.019 0.366 1.081 0.509 0.090	0 0 0 0	A A A A	1 1 1 1		8.522 1.546 4.563 2.149 0.380				

Common Measures:

Measure 1 = 422g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am oun</u>	t in 100 gra		of edi	ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean Std.	Num of D Error Poi	ata			Confidence Code	Measure 1	Measure 2	Measure 3
Ducyimatas										
Proximates: Water	а	72.75	0.300	6	A	1		381.95		
Energy	-	121	0.000	0	NC	4		638		
Energy		508		0	NC	4		2667		
Protein		5.80	0.086	6	A	1		30.46		
Total lipid (fat)	-	3.28	0.201	6	A	1		17.20		
Ash		0.98	0.025	6	A	1		5.16		
Carbohydrate, by difference		17.19	01025	0	NC	4		90.23		
Fiber, total dietary		1.7	0.103	3	A	1		8.7		
Sugars, total		1.67	0.164	3	A	1		8.78		
		0.00	0.000	3	A	1		0.00		
Sucrose		0.75	0.079	3	A	1		3.94		
Glucose (dextrose)		0.92	0.075	3	A	1		4.85		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose		0.00	0.000	3	A A	1		0.00		
Maltose	9	0.00	0.000	3	A	1		0.00		
Galactose				3	A	1				
Starch	9	12.80	0.361	3	A	1		67.20		
Minerals:	ma	15	0 560	_		-		7.6		
Calcium, Ca	_	15 1.03	0.568 0.058	6 6	A A	1 1		76 5.43		
Iron, Fe		18	0.402	6	A	1		94		
Magnesium, Mg Phosphorus, P		60	1.307	6	A	1		314		
Potassium, K		164	8.770	6	A	1		863		
Sodium, Na	-	209	4.856	6	A	1		1099		
Zinc, Zn		0.68	0.022	6	A	1		3.58		
Copper, Cu		0.098	0.004	6	A	1		0.515		
Manganese, Mn		0.221	0.004	6	A	1		1.158		
Selenium, Se		16.8		3	A	1		88.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6	0.206	3	A	1		3.3		
Thiamin	-	0.090	0.006	3	A	1		0.472		
Riboflavin		0.143	0.003	3	A	1		0.752		
Niacin	_	1.690	0.040	3	A	1		8.872		
Pantothenic acid	_	0.250		2	A	1		1.312		
Vitamin B-6	mg	0.098	0.005	3	A	1		0.512		
Folate, total	µg	30	2.350	3	A	1		158		
Folate, DFE	µg									
Choline, total	mg	15.0		0	AS	1		79.0		
Betaine	mg	500.9		1	A	1		2629.7		
Vitamin B-12	µg	0.13	0.022	3	A	1		0.70		
Vitamin A, RAE	µg	10		0	AS	1		50		
Vitamin A, IU	<u>IU</u>	191		0	AS	1		1005		
Lycopene	µg	2015		2	A	1		10577		
Lutein + zeaxanthin	µg	132		2	A	1		694		
Vitamin E (alpha-tocopherol)	mg	0.58	0.031	3	A	1		3.07		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma		0.11	0.023	3	A	1		0.60		
Tocopherol, delta		0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha		0.06	0.011	3	A	1		0.29		
Tocotrienol, beta		0.33	0.039	3	A	1		1.72		
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		4.3		2		-		22 7		
* * * *										
Vitamin K (phylloquinone) Dihydrophylloquinone		4.3 0.0		2	A A	1 1		22.7 0.0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 4.2 Menaquinone-4......µg 0.8 А 1 Lipids: Fatty acids, total saturated......g 1.024 NC 5.374 4:0.....g 0.005 0.003 3 A 1 0.028 0.000 0.000 3 А 1 0.000 6:0......g 0.000 3 8:0.....g 0.000 Α 1 0.000 0.000 0.000 3 0.000 Α 1 12:0.....g 0.000 0.000 3 1 0.000 13:0......g 14:0.....g 0.053 0.000 3 Α 1 0.276 0.008 0.001 3 0.042 Α 1 0.009 3 16:0.....g 0.620 Α 1 3.256 0.002 17:0.....g 0.017 3 А 1 0.091 0.312 0.004 3 18·0 Α 1 1,638 0.000 20:0.....g 0.006 Α 0.030 0.000 0.002 3 22:0.....g Α 1 0.009 24·0 a 0.001 0.000 3 А 1 0.005 1.242 Fatty acids, total monounsaturated......g 0 NC 4 6.519 0.012 0.001 3 A 0.061 14:1.....g 0.000 3 0.000 1 0.000 15:1.....g Α 16:1 undifferentiated......g 0.068 0.004 3 AS 1 0.356 0.003 3 16:1 c.....g 0.064 Α 1 0.337 0.004 0.000 3 16:1 t.....g 0.019 0.001 3 17:1.....g 0.013 А 1 0.068 0.064 18:1 undifferentiated......g 1.131 3 AS 1 5.938 0.070 3 1.079 5.665 18:1 c.....g Α 1 18:1 t.....g 0.052 0.006 3 1 0.273 18:1-11 t (18:1t n-7).....g 0.018 0.001 3 0.094 20:1.....g Α 1 0.000 0.000 3 0.002 AS 1 0.000 0.000 3 0.002 22:1 c.....g Α 1 0.000 0.000 3 1 А 0.000 22:1 t.....g 24:1 c.....g 0.000 0.000 3 Α 1 0.000 0.530 NC 2.785 4 18:2 undifferentiated......g 0.465 0.020 3 AS 1 2.439 0.021 18:2 n-6 c,c.....g 0.449 3 Α 1 2.355 0.007 0.001 3 Α 1 0.038 18:2 CLAs.....g 18:2 t.t.....g 18:2 i.....g 0.001 3 18:2 t not further defined......g 0.009 1 0.045 Α 0.006 3 18:3 undifferentiated.....g 0.039 AS 1 0.203 0.006 3 18:3 n-3 c,c,c (ALA).....g 0.038 Α 1 0.199 0.000 3 0.001 Α 1 0.004 0.000 3 18:3i.....g 0.000 А 1 0.000 18:4.....g 0.000 0.000 3 Α 1 0.000 0.008 0.001 3 Α 0.042 20:2 n-6 c,c.....g 0.000 3 20:3 undifferentiated.....g 0.003 AS 1 0.017 0.000 0.000 3 1 20:3 n-3.....g Α 0.002 0.000 3 0.003 20:3 n-6.....g Α 1 0.016 20:4 undifferentiated.....g 0.009 0.001 3 0.047 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.001 3 Α 1 0.007 21:5.....g 22:4.....g 0.003 0.000 3 1 0.014 22:5 n-3 (DPA).....g 0.002 0.000 3 0.011 Α 1 0.001 0.001 3 А 1 0.005 22:6 n-3 (DHA)......g 0.064 0 NC 4 0.338 Fatty acids, total trans......g 0.056 0 NC 4 0.292 Fatty acids, total trans-monoenoic......g 0.009 0 NC 4 0.045 Fatty acids, total trans-polyenoic......g 8 0.756 3 А 1 43 Cholesterol....mg Phytosterols.....mg Amino Acids: 0.321 0.061 0 1 Tryptophan.....g Α

	Amount in 10	Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Threonineg	0.204	0	A	1		1.071		
Isoleucineg	0.214	0	A	1		1.124		
Leucineg	0.398	0	A	1		2.088		
Lysineg	0.235	0	A	1		1.232		
Methionineg	0.122	0	A	1		0.642		
Cystineg	0.102	0	A	1		0.536		
Phenylalanineg	0.286	0	A	1		1.500		
Tyrosineg	0.143	0	A	1		0.750		
Valineg	0.245	0	A	1		1.285		
Arginineg	0.286	0	A	1		1.500		
Histidineg	0.153	0	A	1		0.803		
Alanineg	0.255	0	A	1		1.339		
Aspartic acidg	0.459	0	A	1		2.410		
Glutamic acidg	1.704	0	A	1		8.943		
Glycineg	0.245	0	A	1		1.285		
Prolineg	0.571	0	A	1		2.999		
Serineg	0.265	0	A	1		1.392		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 525g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amoun	<u>it in 100 gra</u>			ble portio	<u>on</u>		edible portion	
			Num					<u> </u>	easures or ro	<u>5u</u>
							Confidence			
Nutrients and Uni	its	Mean Std	.Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	75.92	0.584	5	A	1		362.91		
Energy		102	0.001	0	NC	4		489		
Energy		428		0	NC	4		2046		
		4.26	0.329	6	A	1		20.36		
Protein	-			6		1				
Total lipid (fat)		1.85	0.101		A			8.87		
Ash		0.82	0.024	6	Α	1		3.92		
Carbohydrate, by difference		17.14		0	NC	4		81.94		
Fiber, total dietary		1.7	0.078	3	A	1		8.2		
Sugars, total		1.77	0.043	3	A	1		8.44		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		0.89	0.030	3	A	1		4.27		
Fructose	g	0.87	0.017	3	A	1		4.17		
Lactose		0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch		11.57	0.970	3	A	1		55.29		
Minerals:										
	ma	11	0.453	6	A	1		52		
Calcium, CaIron, Fe		0.98	0.038	6	A	1		4.67		
Magnesium, Mg		16	0.425	6	A	1		78		
		44	1.854	6	A	1		209		
Phosphorus, P		124	5.129	6	A	1		591		
Potassium, KSodium, Na		183	6.884	6	A	1		872		
		0.34	0.016	6	A	1		1.62		
Zinc, Zn		0.067	0.010	6	A	1		0.319		
Copper, Cu		0.007	0.007	6	A	1		1.018		
Manganese, Mn		13.3	0.008	3	A	1		63.4		
Selenium, Se	µ9	13.3	0.370	3	А	_		03.4		
<u>Vitamins:</u>		1.0	0.010	_	_					
Vitamin C, total ascorbic acid	-	1.2	0.219	3	A	1		5.7		
Thiamin	-	0.067	0.007	3	A	1		0.318		
Riboflavin	-	0.117	0.012	3	A	1		0.558		
Niacin		1.140	0.006	3	A	1		5.449		
Pantothenic acid		0.180		2	A	1		0.860		
Vitamin B-6		0.082	0.002	3	A	1		0.390		
Folate, total		27	2.136	3	A	1		127		
Folate, DFE										
Choline, total		7.8		0	AS	1		37.3		
Betaine		469.4		1	A	1		2243.6		
Vitamin B-12										
Vitamin A, RAE		11		0	AS	1		52		
Vitamin A, IU		218		0	AS	1		1040		
Lycopene	µg	1781		2	A	1		8511		
Lutein + zeaxanthin	µg	128		2	A	1		612		
Vitamin E (alpha-tocopherol)	mg	0.79	0.116	3	A	1		3.78		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma	mg	0.54	0.097	3	A	1		2.59		
Tocopherol, delta	mg	0.05	0.003	3	A	1		0.22		
Tocotrienol, alpha	mg	0.03	0.014	3	A	1		0.13		
Tocotrienol, beta	mg	0.26	0.049	3	A	1		1.26		
Tocotrienol, gamma	mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		4.2		2	A	1		20.1		
Dihydrophylloquinone		0.0		2	A	1		0.0		
Menaquinone-4		0.0		2	A	1		0.0		

Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Menaquinone-4.....µg 0.0 Α 1 Lipids: Fatty acids, total saturated......g 0.336 NC 1.605 4:0.....g 0.003 0.003 3 A 1 0.016 0.000 0.000 3 А 1 0.000 6:0......g 8:0.....g 0.000 0.000 3 Α 1 0.000 0.002 0.000 3 0.010 Α 1 12:0.....g 0.002 0.001 3 1 0.011 13:0......g 14:0.....g 0.013 0.000 3 Α 1 0.064 0.003 0.000 3 0.014 Α 1 16:0.....g 0.226 0.013 3 Α 1 1.082 0.000 0.002 3 А 1 0.010 17:0......g 0.006 3 18·0 0.068 Α 1 0.325 0.001 3 20:0.....g 0.008 Α 0.040 0.001 0.004 3 22:0.....g Α 1 0.021 24:0.....g 0.003 0.000 3 А 1 0.014 0.836 Fatty acids, total monounsaturated......g 0 NC 4 3.994 0.000 0.000 3 A 0.000 14:1.....g 0.000 3 0.000 15:1.....g Α 1 0.000 16:1 undifferentiated......g 0.007 0.000 3 AS 1 0.035 0.000 3 16:1 c.....g 0.007 Α 1 0.035 0.000 0.000 3 16:1 t.....g 0.000 0.000 3 17:1.....g 0.001 А 1 0.005 0.099 18:1 undifferentiated......g 0.806 3 AS 1 3.854 0.801 0.100 3 18:1 c.....g Α 1 3.829 18:1 t.....g 0.005 0.001 3 1 0.025 18:1-11 t (18:1t n-7).....g 0.019 0.002 3 0.092 20:1.....g Α 1 0.000 0.000 3 0.000 AS 1 0.000 0.000 3 0.000 22:1 c.....g Α 1 0.000 0.000 3 А 1 0.000 22:1 t.....g 24:1 c.....g 0.002 0.000 3 Α 1 0.008 0.645 NC 4 3.083 18:2 undifferentiated......g 0.526 0.066 3 AS 1 2.514 0.522 0.066 18:2 n-6 c,c.....g 3 Α 1 2.497 0.002 0.000 3 Α 1 0.010 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.000 18:2 t not further defined......g 0.002 1 0.008 Α 0.015 3 18:3 undifferentiated.....g 0.119 AS 1 0.567 18:3 n-3 c,c,c (ALA).....g 0.115 0.014 3 Α 1 0.548 0.001 3 0.004 Α 1 0.019 0.000 18:3i.....g 0.000 3 А 1 0.000 18:4.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 Α 0.002 20:2 n-6 c,c.....g 0.000 3 20:3 undifferentiated.....g 0.000 AS 1 0.000 0.000 0.000 3 1 20:3 n-3.....g Α 0.000 0.000 3 0.000 20:3 n-6.....g Α 1 0.000 20:4 undifferentiated.....g 0.000 0.000 3 0.000 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 3 Α 1 0.000 21:5.....g 22:4.....g 0.000 0.000 3 1 0.000 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 Α 1 0.000 0.000 3 А 1 0.000 22:6 n-3 (DHA)......g 0.007 0 NC 4 0.033 Fatty acids, total trans......g 0.005 0 NC 4 0.025 Fatty acids, total trans-monoenoic......g 0.002 0 NC 4 0.008 Fatty acids, total trans-polyenoic......g 0 0.012 3 А 1 Cholesterol....mg 1 Phytosterols.....mg Amino Acids: 0.165 0.035 0 1 Tryptophan.....g Α

Amount in 100 grams of edible portion

	Amount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Threonineg	0.104	0	A	1		0.497		
Isoleucineg	0.127	0	A	1		0.607		
Leucineg	0.243	0	A	1		1.159		
Lysineg	0.081	0	A	1		0.387		
Methionineg	0.058	0	A	1		0.276		
Cystineg	0.069	0	A	1		0.331		
Phenylalanineg	0.173	0	A	1		0.828		
Tyrosineg	0.092	0	A	1		0.441		
Valineg	0.150	0	A	1		0.717		
Arginineg	0.150	0	A	1		0.717		
Histidineg	0.081	0	A	1		0.387		
Alanineg	0.127	0	A	1		0.607		
Aspartic acidg	0.254	0	A	1		1.215		
Glutamic acidg	1.444	0	A	1		6.904		
Glycineg	0.104	0	A	1		0.497		
Prolineg	0.416	0	A	1		1.988		
Serineg	0.173	0	A	1		0.828		
Hydroxyprolineg	0.000	1	A	1		0.000		

Common Measures:

Measure 1 = 478g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gr			ble portic	<u>on</u>		edible portion	
			Num					<u>m</u>	easures of fo	<u>5u</u>
							Confidence			
Nutrients and Un	its	Mean Sto	l.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	55.20	0.461	4	A	1		62.93		
Energy		195	0.401	0	NC	4		222		
		814		0	NC	4		928		
Energy			0.044			1				
Protein		3.56	0.044	4	A			4.06		
Total lipid (fat)		4.86	0.265	4	A	1		5.55		
Ash		2.23	0.095	4	A	1		2.54		
Carbohydrate, by difference		34.15		0	NC	4		38.93		
Fiber, total dietary		1.1		2	A	1		1.2		
Sugars, total	g	1.38		2	A	1		1.58		
Sucrose	g	0.68		2	A	1		0.78		
Glucose (dextrose)		0.37		2	A	1		0.42		
Fructose	g	0.33		2	A	1		0.38		
Lactose		0.00		2	A	1		0.00		
Maltose		0.00		2	A	1		0.00		
Galactose		0.00		2	A	1		0.00		
Starch		28.90		2	A	1		32.95		
Minerals:										
Calcium, Ca	ma	39	0.649	4	A	1		45		
Iron, Fe		1.18	0.049	4	A	1		1.35		
Magnesium, Mg		15	0.185	4	A	1		17		
Phosphorus, P		74	0.989	4	A	1		84		
Potassium, K	-	131	2.021	4	A	1		149		
Sodium, Na		677	31.925	4	A	1		772		
Zinc, Zn		0.38	0.013	4	A	1		0.43		
Copper, Cu		0.073	0.011	4	A	1		0.083		
Manganese, Mn		0.350	0.011	4	A	1		0.399		
Selenium, Se		7.3	0.025	2	A	1		8.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		2	A	1		0.3		
Thiamin	-	0.280		2	A	1		0.319		
Riboflavin	-	0.086		2	A	1		0.097		
Niacin	-	2.750		2	A	1		3.135		
Pantothenic acid		0.510		1	A	1		0.581		
Vitamin B-6	•	0.510		_	•	_		0.381		
Folate, total	-	52		2	A	1		60		
		32		2	•	_		00		
Folate, DFE		9.1		0	AS	1		10.4		
Choline, totalBetaine		19.9		1	A	1		22.7		
		0.09		2	A	1		0.11		
Vitamin B-12 Vitamin A, RAE		3		0	AS	1		3		
Vitamin A, IU		61		0	AS	1		69		
,		208		2	A5 A	1		238		
LycopeneLutein + zeaxanthin		100		2	A	1		114		
		0.59		2	A	1		0.67		
Vitamin E (alpha-tocopherol)				2						
Tocopherol, beta		0.05 2.82		2	A A	1 1		0.06		
Tocopherol, gamma				2		1		3.22		
Tocopherol, delta		0.91			A			1.03		
Tocotrienol, alpha		0.14		2	A	1 1		0.16		
Tocotrienol, beta		0.00		2	A			0.00		
Tocotrienol, gamma		0.20		2	A	1		0.23		
Tocotrienol, delta		0.00		2	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		10.0		-	_	-		14.0		
Vitamin K (phylloquinone)		12.3		1	A	1		14.0		
Dihydrophylloquinone		0.2		1	A	1		0.2		
Menaquinone-4	µg	0.0		1	A	1		0.0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code **Nutrients and Units** Code Code Mean Measure 1 Measure 2 Measure 3 Menaquinone-4.....µg 0.0 Α 1 Lipids: Fatty acids, total saturated......g 0.886 NC 1.010 0.002 0.002 4 A 1 0.002 4:0.....g 0.000 0.000 4 А 1 0.000 6:0......g 8:0.....g 0.000 0.000 4 Α 1 0.000 0.000 0.000 0.000 Α 1 0.000 0.000 1 0.000 12:0.....g 13:0......g 14:0.....g 0.010 0.003 4 Α 1 0.011 0.001 0.001 4 0.001 Α 1 16:0.....g 0.550 0.012 4 Α 1 0.627 0.002 0.001 А 1 0.003 17:0......g 0.012 18·0 0.292 4 Α 1 0.333 0.005 0.013 Α 0.015 20:0.....g 1 0.003 4 22:0.....g 0.010 Α 1 0.012 24·0 a 0.006 0.002 4 А 1 0.006 Fatty acids, total monounsaturated......g 1,155 0 NC 4 1.317 0.000 0.000 A 0.000 14:1.....g 0.000 15:1.....g 0.000 4 Α 1 0.000 16:1 undifferentiated......g 0.002 0.001 4 AS 1 0.003 0.002 0.001 16:1 c.....g 4 Α 1 0.003 0.000 16:1 t......g 0.000 А 0.000 0.001 17:1.....g 0.001 4 А 1 0.001 0.063 18:1 undifferentiated......g 1.139 4 AS 1 1.299 0.056 1.121 4 18:1 c.....g Α 1 1.278 0.018 0.007 18:1 t......g 1 0.020 18:1-11 t (18:1t n-7).....g 0.013 0.005 0.014 20:1.....g Α 1 22:1 undifferentiated.....g 0.000 0.000 4 AS 1 0.000 0.000 0.000 0.000 22:1 c.....g 1 0.000 4 0.000 А 1 0.000 22:1 t.....g 24:1 c.....g 0.000 0.000 4 Α 1 0.000 2.298 Fatty acids, total polyunsaturated......g NC 4 2.620 18:2 undifferentiated......g 2.055 0.072 4 AS 1 2.342 0.069 18:2 n-6 c,c....g 2.046 4 Α 1 2.333 0.001 0.001 4 A 1 0.001 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.007 0.003 1 0.008 18:2 t not further defined......g Α 18:3 undifferentiated.....g 0.242 0.013 4 AS 1 0.276 18:3 n-3 c,c,c (ALA).....g 0.233 0.010 Α 1 0.266 18:3 n-6 c,c,c......g 0.009 0.003 Α 1 0.010 18:3i.....g 0.000 0.000 А 1 0.000 0.000 18:4.....g 0.000 Α 1 0.000 0.001 0.001 A 0.001 20:2 n-6 c,c.....g 0.000 20:3 undifferentiated.....g 0.000 4 AS 1 0.000 0.000 0.000 1 20:3 n-3.....g 4 Α 0.000 0.000 0.000 20:3 n-6.....g 4 Α 1 0.000 0.001 0.001 1 0.001 20:4 undifferentiated.....g 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 4 Α 1 0.000 21:5.....g 22:4.....g 0.000 0.000 1 0.000 0.000 22:5 n-3 (DPA)......g 0.000 4 Α 1 0.000 0.000 0.000 4 А 1 0.000 22:6 n-3 (DHA)......g 0.025 0 NC 4 0.028 0.018 0 NC 4 0.020 Fatty acids, total trans-monoenoic......g 0.007 0 NC 4 0.008 Fatty acids, total trans-polyenoic......g 0 А 1 Cholesterol....mg 0 Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 36044 ON THE BORDER, Mexican rice

Nutrients and Units

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Code Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 cup

Carbohydrate Calories Factors: Protein Fat

Food Group: 36 Restaurant Foods

		Amour	nt in 100 gr	am s	ot edi	ble portion		Amount in edible portion of common			
			Num	nber				<u>m</u>	easures of foo	<u>od</u>	
			of I	Data	Deriv	Source Co	nfidence				
Nutrients and Unit	s	Mean Sto	I. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
nationto ana om			= . 0.					modouro :		iii o do di o d	
Proximates:											
Water	g	51.82	0.609	4	A	1		129.56	124.90	64.26	
Energy	kcal	271		0	NC	4		678	653	336	
Energy	kJ	1134		0	NC	4		2835	2733	1406	
Protein	g	11.67	0.621	4	A	1		29.18	28.13	14.47	
Total lipid (fat)	g	17.74	0.333	4	A	1		44.34	42.75	21.99	
Ash	g	2.57	0.083	4	A	1		6.42	6.19	3.18	
Carbohydrate, by difference	g	16.20		0	NC	4		40.50	39.04	20.09	
Fiber, total dietary	g	1.8		2	A	1		4.6	4.5	2.3	
Sugars, total	g	2.89		2	A	1		7.23	6.97	3.59	
Sucrose	g	0.25		2	A	1		0.63	0.61	0.31	
Glucose (dextrose)		0.97		2	A	1		2.42	2.34	1.20	
Fructose		0.83		2	A	1		2.08	2.00	1.03	
Lactose	g	0.66		2	A	1		1.64	1.58	0.81	
Maltose		0.18		2	A	1		0.46	0.44	0.23	
Galactose	g	0.00		2	A	1		0.00	0.00	0.00	
Starch		12.50		2	A	1		31.25	30.12	15.50	
Minerals:											
Calcium, Ca	ma	293	14.204	4	A	1		731	705	363	
Iron, Fe	_	0.71	0.062	4	A	1		1.78	1.71	0.88	
Magnesium, Mg	-	30	0.735	4	A	1		74	72	37	
Phosphorus, P		288	5.893	4	A	1		719	693	357	
Potassium, K		176	6.102	4	A	1		441	425	219	
Sodium, Na	<u>mg</u>	561	23.389	4	A	1		1402	1351	695	
Zinc, Zn	mg	1.88	0.071	4	A	1		4.70	4.53	2.33	
Copper, Cu	mg	0.068	0.001	4	A	1		0.170	0.164	0.08	
Manganese, Mn	mg	0.129	0.004	4	A	1		0.323	0.311	0.16	
Selenium, Se	µg	16.0		2	A	1		40.0	38.6	19.8	
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin		0.065		2	A	1		0.162	0.157	0.08	
Riboflavin	-	0.220		2	A	1		0.550	0.530	0.27	
Niacin	-	0.780		2	A	1		1.950	1.880	0.96	
Pantothenic acid		0.370		1	A	1		0.925	0.892	0.45	
Vitamin B-6	•	0.125		2	A	1		0.312	0.301	0.15	
Folate, total		14		2	A	1		36	35	18	
Folate, DFE											
Choline, total	-										
Betaine		0.50		•	_			1 00	1 54	0.00	
Vitamin B-12		0.72		2 0	A	1 1		1.80	1.74	0.89	
Vitamin A, RAE	1. 7	10			AS			24	24	12	
Vitamin A, IU		195		0 1	AS A	1 1		488	471	242	
Lycopene		1562 58		1	A	1		3906 146	3765 141	1937 72	
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.89		2	A	1		2.22	2.14	1.10	
		0.02		2	A	1		0.05	0.04	0.02	
Tocopherol, gamma		1.71		2	A	1		4.27	4.12	2.12	
Tocopherol, delta		0.35		2	A	1		0.88	0.85	0.44	
Tocotrienol, alpha		0.14		2	A	1		0.35	0.34	0.17	
Tocotrienol, beta		0.00		2	A	1		0.00	0.00	0.00	
Tocotrienol, gamma	-	0.00		2	A	1		0.00	0.00	0.00	
Tocotrienol, delta		0.00		2	A	1		0.00	0.00	0.00	
Vitamin D (D2 + D3)		3.00		-	•	-		0.00	0.00	0.00	
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Ling aroping noquinone	₽⊎										

	<u>Am c</u>	ount in 100 g			ble portic	on_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	7.520)	0	NC	4		18.799	18.122	9.324
4:0g	0.230		4	A	1		0.576	0.555	0.285
6:0g	0.190		4	A	1		0.474	0.457	0.235
8:0g 10:0g	0.120 0.290		4 4	A A	1 1		0.299 0.725	0.288 0.699	0.148 0.360
12:0g	0.330		4	A	1		0.824	0.795	0.409
13:0	0.55	0.020	•		-		0.021	0.755	0.103
14:0g	1.078	0.099	4	A	1		2.695	2.598	1.337
15:0g	0.116	0.009	4	A	1		0.290	0.279	0.144
16:0g	3.522	0.284	4	A	1		8.804	8.487	4.367
17:0g	0.080	0.009	4	A	1		0.200	0.193	0.099
18:0g	1.515			A	1		3.787	3.650	1.878
20:0g	0.028			A	1		0.070	0.067	0.035
22:0g	0.01		4	A	1		0.037	0.035	0.018
24:0g	0.007 4.088		4 0	A NC	1 4		0.018	0.017	0.009 5.069
Fatty acids, total monounsaturatedg	0.105		4	A	1		10.220 0.263	9.852 0.254	0.131
15:1g	0.000		4	A	1		0.000	0.000	0.000
16:1 undifferentiated	0.209		4	AS	1		0.522	0.503	0.259
16:1 cg	0.171		4	A	1		0.429	0.413	0.213
16:1 tg	0.037	0.004	4	A	1		0.094	0.090	0.046
17:1g	0.028	0.004	4	A	1		0.071	0.069	0.035
18:1 undifferentiatedg	3.711	0.274	4	AS	1		9.277	8.943	4.601
18:1 cg	3.414		4	A	1		8.535	8.228	4.233
18:1 tg	0.297	0.027	4	A	1		0.742	0.715	0.368
18:1-11 t (18:1t n-7)	0.00			_			0 007	0.004	0.043
20:1	0.035		4 4	A AS	1 1		0.087 0.000	0.084 0.000	0.043 0.000
22:1 undifferentiated	0.000		4	A	1		0.000	0.000	0.000
22:1 tg	0.000		4	A	1		0.000	0.000	0.000
24:1 cg	0.000		4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	2.107		0	NC	4		5.267	5.078	2.613
18:2 undifferentiatedg	1.848	0.048	4	AS	1		4.621	4.455	2.292
18:2 n-6 c,cg	1.699	0.051	4	A	1		4.249	4.096	2.107
18:2 CLAsg	0.062	0.006	4	A	1		0.154	0.149	0.077
18:2 t,tg									
18:2 ig				_	_				
18:2 t not further definedg	0.087			A	1		0.218	0.210	0.108
18:3 undifferentiated	0.205 0.193		4 4	AS A	1 1		0.514 0.483	0.495 0.466	0.255 0.240
18:3 n-6 c,c,c	0.012			A	1		0.031	0.400	0.240
18:3ig	0.000			A	1		0.000	0.025	0.000
18:4g	0.000			A	1		0.000	0.000	0.000
20:2 n-6 c,cg	0.004			A	1		0.009	0.009	0.005
20:3 undifferentiatedg	0.013	0.001	4	AS	1		0.034	0.032	0.017
20:3 n-3g	0.000	0.000	4	A	1		0.001	0.001	0.000
20:3 n-6g	0.013			A	1		0.033	0.032	0.016
20:4 undifferentiatedg	0.022	0.002	4	A	1		0.056	0.054	0.028
20:4 n-6g					_				
20:5 n-3 (EPA)	0.003	0.000	4	A	1		0.008	0.008	0.004
21:5g 22:4g	0.004	0.001	4	A	1		0.009	0.009	0.005
22:4	0.00			A	1		0.009	0.009	0.008
22:6 n-3 (DHA)	0.000			A	1		0.000	0.000	0.000
Fatty acids, total trans	0.421		0	NC	4		1.053	1.016	0.523
Fatty acids, total trans-monoenoicg	0.334		0	NC	4		0.835	0.805	0.414
Fatty acids, total trans-polyenoicg	0.087	,	0	NC	4		0.218	0.210	0.108
Cholesterolmg	41		2	A	1		103	99	51
Phytosterolsmg)								

NDB No. 36049 ON THE BORDER, cheese enchilada

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Measure 1 = 250g: 1 serving serving size varied from 1 to 3 enchiladas

Measure 2 = 241g: 2 enchilada Measure 3 = 124g: 1 enchilada

Nutrients and Units

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gra	amsc	ot edi	ole portio	<u>n</u>	Amount in edible portion of common			
			Num	ber					easures of fo		
					Deriv	Source C	Confidence				
Nutrients and Uni	te	Mean Sto	l. Error Poi				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	เร	Mean St	1. 🗀 101 101		oouc	oouc	Oout	wieasure i	weasure 2	weasure 3	
Proximates:											
Water	g	30.31	0.270	4	A	1		61.53			
Energy	kcal	394		0	NC	4		800			
Energy	kJ	1648		0	NC	4		3345			
Protein	g	16.87	0.487	4	A	1		34.26			
Total lipid (fat)		25.50	0.657	4	A	1		51.76			
Ash		3.06	0.010	4	A	1		6.22			
Carbohydrate, by difference	g	24.25		0	NC	4		49.23			
Fiber, total dietary		2.2		2	A	1		4.5			
Sugars, total		2.04		2	A	1		4.14			
Sucrose		0.00		2	A	1		0.00			
Glucose (dextrose)		0.66		2	A	1		1.35			
Fructose		0.18		2	A	1		0.37			
Lactose	g	0.18		2	A	1		0.37			
Maltose		0.93		2	A	1		1.89			
Galactose	g	0.07		2	A	1		0.15			
Starch		17.15		2	A	1		34.81			
	9			_		_					
Minerals:											
Calcium, Ca	-	432	12.499	4	A	1		876			
Iron, Fe		1.52	0.061	4	A	1		3.08			
Magnesium, Mg		24	0.524	4	A	1		48			
Phosphorus, P		373	6.663	4	A	1		757			
Potassium, K		95	3.216	4	A	1		193			
Sodium, Na	-	677	2.858	4	A	1		1374			
Zinc, Zn		2.32	0.086	4	A	1 1		4.70			
Copper, Cu		0.061 0.246	0.001 0.016	4 4	A A	1		0.124 0.499			
Manganese, Mn		23.6	0.016	2	A	1		47.9			
	pg	23.0		_		-		47.5			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-										
Thiamin		0.230		2	A	1		0.467			
Riboflavin	-	0.340		2	A	1		0.690			
Niacin	-	1.985		2	A	1		4.029			
Pantothenic acid		0.390		1	A	1		0.791			
Vitamin B-6	•	0.060		2	A	1		0.122			
Folate, total		55		2	A	1		112			
Folate, DFE											
Choline, total											
Betaine		0.00		•	_	-		1.66			
Vitamin B-12		0.82		2	A	1		1.66			
Vitamin A, RAE											
Vitamin A, IU Lycopene											
J 1											
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.68		2	A	1		1.39			
Tocopherol, beta		0.03		2	A	1		0.05			
Tocopherol, gamma		1.42		2	A	1		2.88			
Tocopherol, delta		0.35		2	A	1		0.72			
Tocotrienol, alpha		0.06		2	A	1		0.12			
Tocotrienol, beta		0.06		2	A	1		0.12			
Tocotrienol, gamma		0.00		2	A	1		0.00			
Tocotrienol, delta		0.00		2	A	1		0.00			
Vitamin D (D2 + D3)				_		-					
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	<u>Am oun</u>	t in 100 gram	s of edi	Amount in e	Amount in edible portion of common		
		Num be	er		<u>m</u>	easures of foo	<u>od</u>
				Source Confidence			
Nutrients and Units	Mean Std	. Error Point			Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturatedg	12.976	0	NC	4	26.342		
4:0g	0.393	0.015 4	A	1	0.797		
6:0g	0.329	0.014 4	A	1	0.669		
8:0g	0.210	0.009 4	A	1	0.426		
10:0g	0.504	0.021 4	A	1	1.024		
12:0g	0.581	0.022 4	A	1	1.180		
13:0g 14:0g	1.810	0.072 4	A	1	3.675		
15:0g	0.190	0.008 4	A	1	0.385		
16:09	6.202	0.198 4	A	1	12.589		
17:0g	0.118	0.006 4	A	1	0.240		
18:0g	2.567	0.058 4	A	1	5.211		
20:0g	0.043	0.002 4	A	1	0.088		
22:0g	0.019	0.001 4	A	1	0.038		
24:0g	0.010	0.000 4	A	1	0.020		
Fatty acids, total monounsaturatedg	6.309	0	NC	4	12.807		
14:1g	0.161	0.007 4	A	1	0.327		
15:1g	0.000	0.000 4 0.024 4	A AS	1 1	0.000		
16:1 undifferentiated	0.313 0.254	0.024 4	AS A	1	0.635 0.516		
16:1 tg	0.058	0.003 4	A	1	0.119		
17:1g	0.035	0.002 4	A	1	0.072		
18:1 undifferentiatedg	5.752	0.162 4	AS	1	11.676		
18:1 cg	5.312	0.148 4	A	1	10.784		
18:1 tg	0.439	0.020 4	A	1	0.892		
18:1-11 t (18:1t n-7)g							
20:1g	0.047	0.002 4	A	1	0.095		
22:1 undifferentiated9	0.001	0.001 4	AS	1	0.002		
22:1 cg	0.001	0.001 4	A	1 1	0.002		
22:1 tg 24:1 cg	0.000 0.000	0.000 4 0.000 4	A A	1	0.000		
Fatty acids, total polyunsaturatedg	2.361	0.000 4	NC	4	4.793		
18:2 undifferentiatedg	2.072	0.129 4	AS	1	4.206		
18:2 n-6 c.c	1.842	0.136 4	A	1	3.739		
18:2 CLAsg	0.094	0.005 4	A	1	0.190		
18:2 t,tg							
18:2 ig							
18:2 t not further definedg	0.136	0.010 4	A	1	0.277		
18:3 undifferentiatedg	0.208	0.016 4	AS	1	0.422		
18:3 n-3 c,c,c (ALA)g	0.199	0.015 4	A	1	0.403		
18:3 n-6 c,c,cg	0.008	0.001 4 0.000 4	A A	1	0.016		
18:3ig 18:4g	0.001 0.000	0.000 4 0.000 4	A	1	0.003		
20:2 n-6 c,cg	0.006	0.001 4	A	1	0.012		
20:3 undifferentiatedg	0.023	0.002 4	AS	1	0.047		
20:3 n-3g	0.001	0.001 4	A	1	0.001		
20:3 n-6g	0.022	0.001 4	A	1	0.046		
20:4 undifferentiatedg	0.033	0.002 4	A	1	0.066		
20:4 n-6g							
20:5 n-3 (EPA)g	0.004	0.000 4	A	1	0.009		
21:5g							
22:4g	0.005	0.000 4	A	1	0.011		
22:5 n-3 (DPA)g	0.010 0.000	0.001 4 0.000 4	A A	1 1	0.021		
22:6 n-3 (DHA)g Fatty acids, total transg	0.635	0.000 4	NC	4	0.000 1.290		
Fatty acids, total trans-monoenoicg	0.498	0	NC	4	1.011		
Fatty acids, total trans-polyenoicg	0.137	0	NC	4	0.279		
Cholesterolmg	59	2	A	1	120		
Phytosterolsmg							

NDB No. 36051 ON THE BORDER, cheese quesadilla

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

Measure 2

Nutrients and Units

of Data Deriv Source Confidence

Std. Error Points Code Code

Code

Measure 1

Measure 3

food, or similar food.

Common Measures:

Measure 1 = 203g: 1 serving 1 quesadilla

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 36 Restaurant Foods

		Amour	nt in 100 gra	ams of	t ean	de portion	<u>1</u>	Amount in edible portion of common			
			Num	ber				<u>m</u>	easures of fo	od_	
			of E	Data D	eriv	Source C	onfidence				
Nutrients and	Units	Mean Std	l. Error Poi				Code	Measure 1	Measure 2	Measure 3	
Nati icitis ana	Ointo	Mean Ote						Wedsure 1	Medsure 2	measure (
Proximates:											
Water	g	68.17	0.394	4	A	1		92.03			
Energy	kcal	144		0	NC	4		195			
Energy	kJ	604		0	NC	4		815			
Protein	g	7.30	0.123	4	A	1		9.85			
Total lipid (fat)	g	5.00	0.431	4	A	1		6.75			
Ash	-	2.01	0.013	4	A	1		2.72			
Carbohydrate, by difference	g	17.52		0	NC	4		23.65			
Fiber, total dietary	g	8.2		2	A	1		11.0			
Sugars, total		0.84		2	A	1		1.13			
Sucrose	g	0.84		2	A	1		1.13			
Glucose (dextrose)		0.00		2	A	1		0.00			
Fructose	g	0.00		2	A	1		0.00			
Lactose	g	0.00		2	A	1		0.00			
Maltose	g	0.00		2	A	1		0.00			
Galactose	g	0.00		2	A	1		0.00			
Starch	g	10.00		2	A	1		13.50			
Minerals:						_					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	57 1.67	1.298 0.024	4 4	A A	1 1		77 2.26			
Iron, FeMagnesium, Mg	-	47	0.602	4	A	1		63			
Phosphorus, P		137	2.609	4	A	1		185			
Potassium, K		423	4.397	4	A	1		571			
Sodium, Na	-	378	4.930	4	A	1		511			
Zinc, Zn	-	0.98	0.016	4	A	1		1.32			
Copper, Cu		0.204	0.022	4	A	1		0.276			
Manganese, Mn		0.400	0.021	4	A	1		0.541			
Selenium, Se		8.8		2	A	1		11.9			
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		2	A	1		0.0			
Thiamin	-	0.145		2	A	1		0.196			
Riboflavin		0.105		2	A	1		0.142			
Niacin	-	0.520		2 1	A	1 1		0.702			
Pantothenic acid Vitamin B-6		0.280		1	A	1		0.378			
Folate, total	-	36		2	A	1		49			
Folic acid		50		_	A	-		13			
Folate, food		36		2	A	1		49			
Folate, DFE				_		_					
Choline, total		55.7		0	AS	1		75.2			
Betaine		13.9		1	A	1		18.7			
Vitamin B-12	-	0.10		2	A	1		0.13			
Vitamin A, RAE	µg										
Retinol	µg										
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU											
Lycopene											
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.10		2	A	1		0.14			
Tocopherol, beta		0.00		2	A	1		0.14			
Tocopherol, gamma		1.56		2	A	1		2.11			
Tocopherol, delta		0.05		2	A	1		0.07			
Tocotrienol, alpha		0.00		2	A	1		0.00			
Tocotrienol, beta		0.00		2	A	1		0.00			
Tocotrienol, gamma		0.00		2	A	1		0.00			
Tocotrienol, delta		0.00		2	A	1		0.00			
Vitamin D (D2 + D3)						_					

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D.....IU Vitamin K (phylloquinone)......µg 2.1 1 2.8 Α Dihydrophylloquinone.....µg 0.0 1 Α 1 0.0 1.0 Α 1 1.4 Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 1.819 0 NC 4 2.456 0.028 0.002 1 4:0.....g 4 Α 0.037 0.002 4 0.017 0.023 6:0.....g Α 1 8:0.....g 0.014 0.001 4 Α 1 0.019 0.007 0.042 4 1 0.057 10:0.....g Α 0.036 0.004 4 А 1 0.048 13:0.....g 0.137 0.014 1 0.185 14:0.....g 0.014 0.001 0.018 4 1 Α 15:0.....g 1.048 0.081 4 А 1 1.415 0.017 0.001 4 0.023 17:0.....g Α 1 18:0.....g 0.449 0.033 Α 1 0.606 0.009 0.001 А 1 0.013 20:0.....g 0.004 0.000 Α 1 0.006 0.005 0.000 0.006 Α 1 Fatty acids, total monounsaturated......g 1.648 NC 4 2.225 0.009 0.001 A 1 0.013 14:1.....g 0.000 0.000 4 Α 1 0.000 16:1 undifferentiated.......Q 0.079 0.008 AS 1 0.107 0.007 0.076 4 Α 1 0.103 16:1 c.....g 16:1 t.....g 0.003 0.000 Α 1 0.004 0.010 0.001 Α 1 0.013 1.525 0.127 AS 1 2.058 0.125 18:1 c.....g 1.489 4 Α 1 2.011 0.035 0.003 А 1 0.047 18:1-11 t (18:1t n-7)......g 0.003 0.025 А 0.034 20:1.....g 0.000 0.000 4 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 22:1 t.....g Α 1 0.000 0.000 0.000 А 0.000 1.034 0 NC 4 1.396 0.764 0.063 1 18:2 undifferentiated......g 4 AS 1.032 0.061 18:2 n-6 c,c....g 0.751 4 А 1 1.013 0.007 0.001 1 18:2 CLAs.....g 0.009 18:2 t,t.....g 18:2 i.....g 0.007 0.001 4 0.009 18:2 t not further defined.......Q Α 1 18:3 undifferentiated......g 0.227 0.002 AS 1 0.306 0.226 0.001 4 1 18:3 n-3 c,c,c (ALA)......g А 0.305 0.001 0.001 Α 1 0.001 18:3 n-6 c,c,c......g 0.000 0.000 18:3i......g 0.000 Α 1 18:4.....g 0.000 0.000 4 А 1 0.000 0.022 0.002 Α 1 0.030 20:3 undifferentiated.....g 0.007 0.003 4 AS 1 0.009 0.004 0.001 0.005 1 20:3 n-3.....g Α 0.001 20:3 n-6.....g 0.003 4 Α 1 0.005 0.011 0.002 1 20:4 undifferentiated......g Α 0.014 20:4 n-6.....g 0.000 0.000 4 Α 1 0.000 21:5.....g 0.003 0.001 0.003 22:4.....g А 1 0.001 0.001 22:5 n-3 (DPA)......g 4 Α 1 0.001 0.000 0.000 22:6 n-3 (DHA)......g 4 Α 1 0.000

0.045

0.038

Fatty acids, total trans......g

Fatty acids, total trans-monoenoic......g

0

0

NC

NC

4

4

0.061

0.051

_	An	nount in 10	0 grams	of edi	ble portion	Amount in	Amount in edible portion of common			
			Number	<u>m</u>	measures of food					
Nutrients and Units	Mean	Std. Error			Source Confide Code Cod		Measure 2	Measure 3		
Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.0 6	007	0 2	NC A	4 1	0.009 8				

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am</u>	ount in 100	gram	s of edi	ble porti	<u>on</u>	Amount in edible portion of common			
				lum be	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	53.83	1.1	50 4	A	1		174.41			
Energy		229		0	NC	4		743			
Energy		959		0	NC	4		3107			
Protein		13.19	0.1		A	1		42.73			
Total lipid (fat)		11.05			A	1		35.80			
Ash	_	2.65			A	1		8.59			
Carbohydrate, by difference	_	19.28		12 I 0	NC	4		62.47			
Fiber, total dietary		1.8		2	A	1		5.8			
Sugars, total		1.84	L	2	A	1		5.97			
		0.00		2	A	1		0.00			
Sucrose		0.65		2	A	1		2.11			
Glucose (dextrose)		0.55		2	A	1		1.78			
Fructose		0.18		2	A	1		0.60			
Lactose		0.18		2	A	1		1.25			
Maltose		0.39		2	A	1		0.24			
Galactose		12.30		2	A	1		39.85			
Starch	9	12.30	,	2	A	1		39.65			
Minerals:						_					
Calcium, Ca	-	123	7.3		A	1		399			
Iron, Fe		1.94 30			A A	1 1		6.30			
Magnesium, Mg		30 188	0.5 3.9		A A	1		96 608			
Phosphorus, P		274	7.3		A	1		886			
Potassium, K		646	5.2		A	1		2092			
Zinc, Zn		1.97			A	1		6.37			
Copper, Cu		0.13			A	1		0.422			
Manganese, Mn		0.37			A	1		1.223			
Selenium, Se		23.0		2	A	1		74.5			
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin	_	0.16	:0	2	A	1		0.518			
Riboflavin	_	0.22		2	A	1		0.713			
Niacin	_	2.78		2	A	1		9.023			
Pantothenic acid	_	0.46		1	A	1		1.490			
Vitamin B-6	_	0.12		2	A	1		0.405			
Folate, total	•	40		2	A	1		131			
Folate, DFE											
Choline, total											
Betaine	mg										
Vitamin B-12	µg	1.15	i	2	A	1		3.73			
Vitamin A, RAE	µg	4		0	AS	1		14			
Vitamin A, IU	<u>IU</u>	89		0	AS	1		288			
Lycopene	µg	686		1	A	1		2222			
Lutein + zeaxanthin	µg	28		1	A	1		91			
Vitamin E (alpha-tocopherol)		0.44		2	A	1		1.43			
Tocopherol, beta	mg	0.03		2	A	1		0.09			
Tocopherol, gamma		1.16		2	A	1		3.77			
Tocopherol, delta		0.27		2	A	1		0.89			
Tocotrienol, alpha		0.00		2	A	1		0.00			
Tocotrienol, beta		0.00		2	A	1		0.00			
Tocotrienol, gamma		0.00		2	A	1		0.00			
Tocotrienol, delta	_	0.00	1	2	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg										

ON THE BORDER, soft taco with ground beef, cheese and lettuce

	<u>Am</u>	ount i	n 100 gr	am s	of edil	ble portion	<u>1</u>	Amount in edible portion of common			
			Num	har					easures of foo	•	
						Source C	onfidence	_			
Nutrients and Units	Mean	Std. E	rror Po				Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated	g 4.8	48		0	NC	4		15.708			
4:0		80	0.008	4	A	1		0.261			
6:0	g 0.0	58	0.006	4	A	1		0.187			
8:0	-		0.003	4	A	1		0.117			
10:0	•		0.009	4	A	1		0.299			
12:0		10	0.010	4	A	1		0.358			
13:0 14:0		77	0.034	4	A	1		1.545			
15:0			0.004	4	A	1		0.189			
16:0	=		0.097	4	A	1		7.743			
17:0	=		0.004	4	A	1		0.258			
18:0	g 1.4	25	0.055	4	A	1		4.617			
20:0	g 0.0	21	0.001	4	A	1		0.067			
22:0	-	14	0.001	4	A	1		0.044			
24:0	-		0.000	4	A	1		0.023			
Fatty acids, total monounsaturated	-			0	NC	4		14.462			
14:1	=		0.005	4	A	1		0.219			
15:1	=		0.000 0.018	4 4	A As	1 1		0.000 0.710			
16:1 c	-		0.018	4	A	1		0.624			
16:1 t	=		0.003	4	A	1		0.086			
17:1			0.003	4	A	1		0.146			
18:1 undifferentiated			0.121	4	AS	1		13.299			
18:1 c		48	0.103	4	A	1		11.171			
18:1 t	g 0.6	57	0.026	4	A	1		2.128			
18:1-11 t (18:1t n-7)	-										
20:1	-		0.001	4	A	1		0.087			
22:1 undifferentiated			0.000	4	AS	1		0.002			
22:1 c	=		0.000	4	A	1 1		0.002			
22:1 t	=		0.000	4 4	A A	1		0.000			
Fatty acids, total polyunsaturated			0.000	0	NC	4		3.288			
18:2 undifferentiated			0.052	4	AS	1		2.966			
18:2 n-6 c,c	•		0.045	4	A	1		2.403			
18:2 CLAs		43	0.003	4	A	1		0.139			
18:2 t,t	g										
18:2 i	g										
18:2 t not further defined	=		0.009	4	A	1		0.424			
18:3 undifferentiated			0.002	4	AS	1		0.187			
18:3 n-3 c,c,c (ALA)			0.003	4 4	A A	1 1		0.180			
18:3i n-6 c,c,c	•		0.001	4	A A	1		0.005 0.002			
18:4			0.000	4	A	1		0.002			
20:2 n-6 c,c	•		0.000	4	A	1		0.009			
20:3 undifferentiated.			0.000	4	AS	1		0.031			
20:3 n-3			0.000	4	A	1		0.000			
20:3 n-6	g 0.0	09	0.000	4	A	1		0.031			
20:4 undifferentiated	=	19	0.001	4	A	1		0.061			
20:4 n-6											
20:5 n-3 (EPA)		01	0.001	4	A	1		0.003			
21:5		0.5	0 000	4		-		0.015			
22:4	=		0.000	4 4	A A	1 1		0.015 0.017			
22:5 n-3 (DPA)			0.001	4	A	1		0.000			
Fatty acids, total trans				0	NC	4		2.640			
Fatty acids, total trans-monoenoic				0	NC	4		2.213			
Fatty acids, total trans-polyenoic				0	NC	4		0.426			
Cholesterol				2	A	1		98			
Phytosterols	mg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 36060

ON THE BORDER, soft taco with ground beef, cheese and lettuce

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

food, or similar food.

Common Measures:

Measure 1 = 324g: 1 serving varied from 2-3 tacos per serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am oui</u>	nt in 100 gr	ams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber	•				easures of fo		
						Source	Confidence				
Nutrients and Ur	nits	Mean Sto	I. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:					_						
Water	_	78.82	0.268	18	Α	1		452.44			
Energy		105		0	NC	4		604			
Energy		440		0	NC	4		2526			
Protein		7.08	0.431	6	A	1		40.66			
Total lipid (fat)		5.30	0.347	12	A	1		30.42			
Ash	-	1.50	0.093	6	A	1		8.64			
Carbohydrate, by difference		7.29		0	NC	4		41.84			
Fiber, total dietary		1.5	0.099	6	A	1		8.9			
Sugars, total		2.41	0.121	6	A	1		13.82			
Sucrose	g	1.17	0.130	6	A	1		6.73			
Glucose (dextrose)		0.69	0.075	6	A	1		3.94			
Fructose	g	0.55	0.046	6	A	1		3.15			
Lactose	g	0.00	0.000	6	A	1		0.00			
Maltose	g	0.00	0.000	6	A	1		0.00			
Galactose	g	0.00	0.000	6	A	1		0.00			
Starch		1.82	0.218	6	A	1		10.43			
Minerals:											
Calcium, Ca	<u>m</u> g	22	0.847	24	A	1		127			
Iron, Fe	mg	1.11	0.080	24	A	1		6.40			
Magnesium, Mg	mg	15	0.355	24	A	1		85			
Phosphorus, P	mg	76	4.370	24	A	1		434			
Potassium, K	mg	204	5.308	24	A	1		1170			
Sodium, Na	-	409	20.756	24	A	1		2349			
Zinc, Zn		1.50	0.083	24	A	1		8.59			
Copper, Cu		0.049	0.002	24	A	1		0.282			
Manganese, Mn		0.147	0.010	24	A	1		0.847			
Selenium, Se	µg	6.7	0.612	15	A	1		38.7			
Vitamins:	ma	11.6	2.000	6	A	1		66.5			
Vitamin C, total ascorbic acid	-	0.033	0.005	6	A	1		0.191			
Thiamin	-	0.033	0.005	6	A	1					
Riboflavin	-	1.320	0.004	6	A	1		0.316 7.577			
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.443		3	A	1		2.545			
Vitamin B-6		0.443	0.064 0.012	6	A	1		0.923			
Folate, total	-	45	0.012	1	A	1		258			
Folic acid		0		0	Z	7		0			
Folate, food		45		1	A	1		258			
Folate, DFE		45		<u>-</u>		4		0.50			
Choline, total		34.5		0	NC AS	1		258 197.9			
Betaine	-	3.1		1	A	1		17.7			
		0.48	0.043	6	A	1		2.76			
Vitamin B-12 Vitamin B-12, added		0.00	0.043	0	Z	7		0.00			
Vitamin A, RAE		63		0	AS	1		362			
Retinol		0	0.000	3	A	1		0			
Carotene, beta		595	127.585	3	A	1		3415			
Carotene, alpha		323	31.458	3	A	1		1854			
Cryptoxanthin, beta		1	1.317	3	A	1		8			
Vitamin A, IU		1262	1.31,	0	AS	1		7243			
Lycopene		4	4.083	3	A	1		23			
Lutein + zeaxanthin		268	53.079	3	A	1		1539			
Vitamin E (alpha-tocopherol)		0.82	0.055	3	A	1		4.71			
Vitamin E (aipiia-tocopheror)		0.00	0.055	0	Z	7		0.00			
Tocopherol, beta		0.04	0.009	3	A	1		0.22			
Tocopherol, gamma		1.79	0.324	3	A	1		10.28			
Tocopherol, delta		0.65	0.324	3	A	1		3.73			
-		0.00	0.177	3	A	1		0.02			
Tocotrienol, alpha Tocotrienol, beta		0.00	0.004	3	A	1		0.02			

	Amount in 100 grams of edible portion					<u>1</u>	Amount in e	dible portion o	f common	
			Numb	er					easures of foo	
						Source C	onfidence			
Nutrients and Units	Mean	Std. Erro	r Poin	ts C	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	1 0	.001 3	3	A	1		0.03		
Tocotrienol, deltamg	0.0		.000		A	1		0.00		
Vitamin D (D2 + D3)µg	0.1		(0	FLA	4		0.4		
Vitamin D2 (ergocalciferol)µg										
Vitamin D3 (cholecalciferol)µg Vitamin DU	3		(0	FLA	4		17		
Vitamin K (phylloquinone)µg	51.3	3.	.599		A	1		294.4		
Dihydrophylloquinoneµg										
Menaquinone-4µg	2.0		2	2	A	1		11.3		
Lipids:										
Fatty acids, total saturatedg	0.9	78	(0	NC	4		5.611		
4:0g	0.0	03 0	.000 1	.2	A	1		0.016		
6:0g	0.0		.008 1		A	1		0.047		
8:0g	0.0		.000 1		A	1		0.014		
10:0g	0.0		.000 1 .000 1		A A	1 1		0.010		
12:0g 13:0g	0.0	02 0.	.000 1	.2	A	1		0.010		
14:0g	0.0	28 0	.002 1	.2	A	1		0.160		
15:0g	0.0		.000 1		A	1		0.031		
16:0g	0.6	34 0	.033 1	.2	A	1		3.638		
17:0g	0.0		.001 1		A	1		0.073		
18:0g	0.2		.014 1		A	1		1.451		
20:0g 22:0g	0.0		.001 1 .002 1		A A	1 1		0.068 0.066		
24:0g	0.0		002 1		A	1		0.026		
Fatty acids, total monounsaturated9	1.2			0	NC	4		6.986		
14:1g	0.0	06 0	.001 1	.2	A	1		0.033		
15:1g	0.0	00 0	.000 1	2	A	1		0.000		
16:1 undifferentiatedg	0.0		.006 1		AS	1		0.307		
16:1 cg	0.0		.005 1		A	1 1		0.281		
16:1 tg 17:1g	0.0		.001 1 .001 1		A A	1		0.025 0.058		
18:1 undifferentiated	1.1		.079 1		AS	1		6.456		
18:1 cg	1.0		079 1		A	1		6.269		
18:1 tg	0.0	32 0	.006 1	.2	A	1		0.186		
18:1-11 t (18:1t n-7)g										
20:1g	0.0		.003 1		A	1		0.117		
22:1 undifferentiatedg 22:1 cg	0.0		.000 1 .000 1		AS A	1 1		0.010 0.007		
22:1 cg	0.0		000 1		A	1		0.007		
24:1 cg	0.0		000 1		A	1		0.006		
Fatty acids, total polyunsaturated	2.1			0	NC	4		12.225		
18:2 undifferentiatedg	1.8	34 0	.161 1	.2	AS	1		10.526		
18:2 n-6 c,cg	1.8		.158 1		A	1		10.349		
18:2 CLAsg	0.0	11 0.	.001 1	.2	A	1		0.061		
18:2 t,tg 18:2 ig										
18:2 t not further definedg	0.0	20 0.	.003 1	2	A	1		0.116		
18:3 undifferentiatedg	0.2		.022 1		AS	1		1.517		
18:3 n-3 c,c,c (ALA)g	0.2	64 0	022 1	.2	A	1		1.514		
18:3 n-6 c,c,cg	0.0	01 0	.000 1	.2	A	1		0.003		
18:3ig				_	_	_				
18:4g	0.0		.000 1 .000 1		A A	1 1		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg	0.0		.000 I		A AS	1		0.013 0.022		
20:3 n-3g	0.0		.000 1		A	1		0.000		
20:3 n-6g	0.0		.000 1		A	1		0.022		
20:4 undifferentiatedg	0.0	14 0	.001 1	.2	A	1		0.078		
20:4 n-6g	_	• •		_	_	_		_		
20:5 n-3 (EPA)g	0.0	04 0	.000 1	.2	A	1		0.024		
21:5g 22:4g	0.0	02 ^	.000 1	2	A	1		0.011		
22:5 n-3 (DPA)g	0.0		.000 1		A	1		0.027		
()		-	_							

	Amou	nt in 100 g	ram s	of edi	<u>n</u>	Amount in edible portion of common			
		Nui	m be r				measures of food		
		of	Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
		a. <u> </u>					modouro :	modouro 2	
22:6 n-3 (DHA)g	0.001	0.000	12	A	1		0.006		
Fatty acids, total transg	0.058		0	NC	4		0.330		
Fatty acids, total trans-monoenoicg	0.037		0	NC	4		0.215		
Fatty acids, total trans-polyenoicg	0.020		0	NC	4		0.116		
Cholesterolmg	14	1.874	6	A	1		79		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.083		0	A	1		0.474		
Threonineg	0.313		0	A	1		1.796		
Isoleucineg	0.314		0	A	1		1.802		
Leucineg	0.525		0	A	1		3.014		
Lysineg	0.552		0	A	1		3.168		
Methionineg	0.158		0	A	1		0.907		
Cystineg	0.073		0	A	1		0.417		
Phenylalanineg	0.317		0	A	1		1.822		
Tyrosineg	0.274		0	A	1		1.571		
Valineg	0.327		0	A	1		1.877		
Arginineg	0.519		0	A	1		2.977		
Histidineg	0.207		0	A	1		1.191		
Alanineg	0.381		0	A	1		2.186		
Aspartic acidg	0.668		0	A	1		3.835		
Glutamic acidg	1.345		0	A	1		7.723		
Glycineg	0.276		0	A	1		1.584		
Prolineg	0.263		0	A	1		1.507		
Serineg	0.291		0	A	1		1.669		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 574g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed had broccoli and carrots. Some also included onion, mushroom, bell pepper, baby corn, bamboo shoots and/or snow peas.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

		Amour	nt in 100 gr	am s	of edi	ble portio	<u>on</u>	Amount in e	dible portion	of common
			Nun	nber				<u>m</u>	easures of fo	<u>od</u>
						Source (Confidence			
Nutrients and U	nits	Mean Std	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		80.24	0.534		A	1		556.04	122.76	
Energy		95		0	NC	4		660	146	
Energy		399		0	NC	4		2765	610	
Protein		8.18	0.308	11	A	1		56.66	12.51	
Total lipid (fat)	g	4.56	0.432	11	A	1		31.60	6.98	
Ash	-	1.65	0.142	11	A	1		11.42	2.52	
Carbohydrate, by difference		5.38		0	NC	4		37.29	8.23	
Fiber, total dietary	g	0.9	0.163	3	A	1		5.9	1.3	
Sugars, total		2.93	0.260	3	A	1		20.33	4.49	
Sucrose	g	1.97	0.233	3	A	1		13.63	3.01	
Glucose (dextrose)		0.47	0.033	3	A	1		3.23	0.71	
Fructose	g	0.50	0.000	3	A	1		3.47	0.77	
Lactose		0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch		1.63	0.167	3	A	1		11.32	2.50	
Minerals:										
Calcium, Ca	mg	20	0.475	23	A	1		140	31	
Iron, Fe	mg	0.56	0.026	23	A	1		3.91	0.86	
Magnesium, Mg	mg	15	0.384	23	A	1		104	23	
Phosphorus, P	mg	73	3.154	23	A	1		504	111	
Potassium, K	mg	185	2.902	23	A	1		1284	283	
Sodium, Na		413	7.781	23	A	1		2859	631	
Zinc, Zn		0.43	0.036	23	A	1		2.95	0.65	
Copper, Cu	mg	0.044	0.003	23	A	1		0.303	0.067	
Manganese, Mn		0.126	0.017	23	A	1		0.872	0.193	
Selenium, Se	µg	8.1	0.897	3	A	1		55.9	12.3	
Vitamins:				_	_					
Vitamin C, total ascorbic acid	_	8.1	1.490	3	A	1		56.4	12.4	
Thiamin	_	0.030	0.000	3	A	1		0.207	0.046	
Riboflavin	=	0.120	0.000	3	A	1		0.831	0.183	
Niacin	_	1.690	0.114	3	A	1		11.712	2.586	
Pantothenic acid	•	0.440		2	A	1		3.049	0.673	
Vitamin B-6	=	0.232	0.022	3	A	1		1.605	0.354	
Folate, total		40	1.124	3	A	1		274	61	
Folic acid		0	1 104	0	z	7		0	0	
Folate, food	1.1	40	1.124	3	A	1		274	61	
Folate, DFE		40		0	NC	4		274	61	
Choline, total	_	41.8		0	AS	1		289.5	63.9	
Betaine		2.6	0.003	1	A	1		18.2	4.0	
Vitamin B-12		0.07	0.003	3 0	A Z	1 7		0.51	0.11	
Vitamin B-12, added		0.00		0		1		0.00	0.00	
Vitamin A, RAE		56 30		1	AS A	1		389	86	
Retinol		286	49.447		A	1		205 1980	45	
Carotene, beta				3		1			437 101	
Carotene, alpha		66 0	21.457	3	A	1		458 0		
Cryptoxanthin, beta		630	0.000	3 0	A As	1		4365	0 964	
Vitamin A, IU		0	0.000	3	AS A	1		4365	964	
Lycopene		301	34.285	3	A	1		2084	460	
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.77	0.072	3	A A	1		2084 5.33		
		0.00	0.072	0	Z	7		0.00	1.18 0.00	
Vitamin E, added		0.04	0.022	3	A	1		0.30	0.07	
Tocopherol, beta		1.54	0.022	3	A	1		10.66	2.35	
Tocopherol, gamma		0.53	0.316	3	A	1		3.71	0.82	
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.82	
Tocotrienol, alpha Tocotrienol, beta		0.00	0.000	3	A	1		0.00	0.00	

Amount in 100 grams of edible portion						<u>n</u>	Amount in edible portion of common				
			Numl	her					easures of foo		
					Deriv	Source C	Confidence				
Nutrients and Units	Mean	Std. Error	Poir	nts	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gamma				3	A	1		0.00	0.00		
Tocotrienol, deltam	-			3	A	1		0.00	0.00		
Vitamin D (D2 + D3)				2	AS	1 1		0.0	0.0		
Vitamin D2 (ergocalciferol)µQ Vitamin D3 (cholecalciferol)µQ				2	A A	1		0.0 0.0	0.0		
Vitamin D		•		2	A	1		0	0		
Vitamin K (phylloquinone)		•		0	FLA	4		379.1	83.7		
DihydrophylloquinoneµQ											
Menaquinone-4µg	J										
Lipids:											
Fatty acids, total saturatedg	0.7	70		0	NC	4		5.334	1.178		
4:0g	0.0			3	A	1		0.000	0.000		
6:0g	0.0			3	A	1		0.000	0.000		
8:0g	0.0			3	A A	1 1		0.000	0.000		
10:0g 12:0g	0.0			3	A	1		0.000	0.000		
13:0g	•••		000	•		-		0.000	0.000		
14:0g	0.0	07 0.	001	3	A	1		0.046	0.010		
15:0g	0.0	02 0.	000	3	A	1		0.014	0.003		
16:0g	0.5			3	A	1		3.487	0.770		
17:0g	0.0			3	A	1		0.030	0.007		
18:0g	0.2			3	A	1		1.540	0.340		
20:0g	0.0			3	A A	1 1		0.094 0.085	0.021 0.019		
22:0g 24:0g	0.0			3	A	1		0.037	0.019		
Fatty acids, total monounsaturatedg	1.0			0	NC	4		7.532	1.663		
14:1g	0.0		000	3	A	1		0.005	0.001		
15:1g	0.0	00 0.	000	3	A	1		0.000	0.000		
16:1 undifferentiatedg	0.0	29 0.	003	3	AS	1		0.201	0.044		
16:1 cg	0.0			3	A	1		0.201	0.044		
16:1 tg	0.0			3	A	1		0.000	0.000		
17:1	0.0			3	A As	1 1		0.014 7.188	0.003		
18:1 undifferentiated	1.0			3	A	1		7.154	1.587 1.579		
18:1 tg	0.0			3	A	1		0.034	0.008		
18:1-11 t (18:1t n-7)g											
20:1g	0.0	18 0.	003	3	A	1		0.122	0.027		
22:1 undifferentiatedg	0.0			3	AS	1		0.002	0.001		
22:1 cg	0.0			3	A	1		0.002	0.001		
22:1 tg 24:1 cg	0.0			3	A A	1 1		0.000 0.000	0.000 0.000		
Fatty acids, total polyunsaturated	2.0			0	NC	4		14.412	3.182		
18:2 undifferentiated	1.7			3	AS	1		12.342	2.725		
18:2 n-6 c,cg	1.7	69 0.	315	3	A	1		12.261	2.707		
18:2 CLAsg	0.0	03 0.	001	3	A	1		0.021	0.005		
18:2 t,tg											
18:2 ig	0.0	.00	001	2		1		0.000	0.013		
18:2 t not further definedg 18:3 undifferentiatedg	0.0		001 043	3	A As	1 1		0.060 1.818	0.013 0.401		
18:3 n-3 c,c,c (ALA)	0.2			3	A	1		1.783	0.394		
18:3 n-6 c,c,c	0.0			3	A	1		0.035	0.008		
18:3ig	0.0	00 0.	000	3	A	1		0.000	0.000		
18:4g	0.0	00 0.	000	3	A	1		0.000	0.000		
20:2 n-6 c,cg	0.0			3	A	1		0.021	0.005		
20:3 undifferentiatedg	0.0			3	AS	1		0.027	0.006		
20:3 n-3g	0.0			3	A A	1 1		0.000	0.000		
20:3 n-6	0.0		001 001		A	1		0.027 0.138	0.006 0.030		
20:4 undifferentiated	0.0		301	-	A	-		J.130	0.030		
20:5 n-3 (EPA)g	0.0	00 0.	000	3	A	1		0.000	0.000		
21:5g											
22:4g	0.0		001		A	1		0.044	0.010		
22:5 n-3 (DPA)g	0.0	02 0.	000	3	A	1		0.014	0.003		

	<u>Am our</u>	nt in 100 g	ram s	Amount in edible portion of common					
		Nu	m be r				<u>m</u>	easures of foo	<u>od</u>
		of	Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Sto	l. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.001	0.000	3	A	1		0.009	0.002	
Fatty acids, total transg	0.014		0	NC	4		0.094	0.021	
Fatty acids, total trans-monoenoicg	0.005		0	NC	4		0.034	0.008	
Fatty acids, total trans-polyenoicg	0.009		0	NC	4		0.060	0.013	
Cholesterolmg	21	1.730	3	A	1		148	33	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.074		0	A	1		0.511	0.113	
Threonineg	0.306		0	A	1		2.119	0.468	
Isoleucineg	0.306		0	A	1		2.119	0.468	
Leucineg	0.517		0	A	1		3.581	0.791	
Lysineg	0.454		0	A	1		3.143	0.694	
Methionineg	0.163		0	A	1		1.132	0.250	
Cystineg	0.095		0	A	1		0.657	0.145	
Phenylalanineg	0.264		0	A	1		1.826	0.403	
Tyrosineg	0.205		0	A	1		1.424	0.314	
Valineg	0.322		0	A	1		2.229	0.492	
Arginineg	0.422		0	A	1		2.924	0.646	
Histidineg	0.179		0	A	1		1.240	0.274	
Alanineg	0.374		0	A	1		2.595	0.573	
Aspartic acidg	0.701		0	A	1		4.859	1.073	
Glutamic acidg	1.620		0	A	1		11.224	2.478	
Glycineg	0.264		0	A	1		1.826	0.403	
Prolineg	0.258		0	A	1		1.786	0.394	
Serineg	0.295		0	A	1		2.046	0.452	
Hydroxyprolineg	0.007		2	A	1		0.051	0.011	
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	z	7		0	0	
Theobrominemg	0		0	z	7		0	0	

Common Measures:

Measure 1 = 693g: 1 order Measure 2 = 153g: 1 cup

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed had broccoli and carrots. Some also included snow peas, scallion, water chestnuts, and/or baby corn.

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am</u>	ount in 100 <u>(</u>	grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Nı	ımbe	r				easures of fo		
						Source C	Confidence				
Nutrients and Uni	ts	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	81.01	3.22	1 4	A	1		489.32			
Energy		85		0	NC	4		516			
Energy	kJ	357		0	NC	4		2156			
Protein	g	6.76	0.53	8 6	A	1		40.83			
Total lipid (fat)		2.80			A	1		16.91			
Ash		1.13			A	1		6.85			
Carbohydrate, by difference		8.29		0	NC	4		50.09			
Fiber, total dietary		1.0	0.07		A	1 1		6.1			
Sugars, total		1.74 0.60			A A	1		10.53 3.64			
Sucrose		0.65			A	1		3.93			
Glucose (dextrose)		0.49			A	1		2.96			
FructoseLactose		0.00			A	1		0.00			
Maltose		0.00			A	1		0.00			
Galactose		0.00			A	1		0.00			
Starch		3.99	1.61	2 6	A	1		24.10			
Minerals:											
Calcium, Ca	mg	21	1.61	4 12	A	1		129			
Iron, Fe	mg	0.67	0.15	1 12	A	1		4.04			
Magnesium, Mg	mg	11	0.88		A	1		65			
Phosphorus, P		54		3 12	A	1		326			
Potassium, K		124	8.60		A	1 1		751			
Sodium, Na		311 0.32	36.55	5 12	A A	1		1877 1.95			
Zinc, Zn Copper, Cu		0.02		5 12	A	1		0.175			
Manganese, Mn		0.09			A	1		0.596			
Selenium, Se		6.1	1.53	2 3	A	1		36.6			
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.0	0.50	3 6	A	1		12.1			
Thiamin	mg	0.03	1 0.01	0 6	A	1		0.186			
Riboflavin	mg	0.02			A	1		0.140			
Niacin	-	1.46			A	1		8.869			
Pantothenic acid	•	0.26			A	1		1.570			
Vitamin B-6		0.17	5 0.01	4 6	A	1		1.059			
Folate, total Folate, DFE											
Choline, total		24.0		0	AS	1		144.8			
Betaine		0.8		1	A	1		4.8			
Vitamin B-12		0.07	0.00	0 6	A	1		0.45			
Vitamin A, RAE	µg	19		0	AS	1		113			
Vitamin A, IU	IU	362		0	AS	1		2187			
Lycopene		0	0.00	0 3	A	1		0			
Lutein + zeaxanthin		66	15.41		A	1		400			
Vitamin E (alpha-tocopherol)		0.43			A	1		2.57			
Tocopherol, beta		0.03 0.93			A A	1 1		0.16 5.60			
Tocopherol, gamma Tocopherol, delta		0.25			A	1		1.54			
Tocotrienol, alpha		0.01			A	1		0.04			
Tocotrienol, aipiia		0.00			A	1		0.01			
Tocotrienol, gamma		0.00			A	1		0.03			
Tocotrienol, delta		0.00			A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D					_	_					
Vitamin K (phylloquinone)		22.0	9.31	υ 3	A	1		133.1			
Dihydrophylloquinone	µg		0.08			1		7.3			

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.490 0 NC 2.959 4:0.....g 0.003 0.000 12 Α 1 0.018 6:0.....g 0.000 0.000 12 Α 0.001 0.000 12 0.001 8:0.....g Α 1 0.007 10:0.....g 0.002 0.001 12 Α 1 0.013 0.000 12 0.001 12:0.....g Α 1 0.007 13:0.....g 0.002 12 0.007 0.042 14:0.....g Α 1 0.001 0.000 12 1 Α 0.009 0.347 0.061 12 2.095 16:0.....g Α 1 17:0.....g 0.003 0.000 12 1 0.017 0.110 0.015 12 Α 1 0.664 18:0.....g 0.006 0.001 12 А 1 0.035 20:0.....g 0.006 0.001 12 Α 1 0.037 22:0.....g 0.003 0.000 12 0.016 24:0.....g А 1 NC 0.613 0 4 3.705 14:1.....g 0.001 0.000 12 Α 1 0.006 0.000 0.000 12 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.030 0.005 12 1 0.179 AS 0.029 0.005 12 А 1 16:1 c......g 0.177 0.000 0.000 12 Α 1 0.003 16:1 t.....g 0.003 0.000 12 0.017 17:1......g Α 1 18:1 undifferentiated......g 0.569 0.082 12 AS 1 3.436 0.079 12 0.560 Α 1 3.381 18:1 c.....g 0.009 0.005 12 Α 1 0.055 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.010 0.001 12 Α 1 0.060 20:1.....g 0.000 12 0.001 AS 1 0.004 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.000 Α 1 0.002 0.000 0.000 12 1 0.002 22:1 t......g Α 0.000 12 0.001 Α 1 0.004 Fatty acids, total polyunsaturated......g 1,226 0 NC 7.405 0.175 12 18:2 undifferentiated......g 1.066 AS 1 6.437 1.057 0.173 12 A 1 6.382 18:2 n-6 c.c....g 0.001 12 18:2 CLAs......g 0.002 1 0.010 18:2 t,t.....g 18:2 i.....g 0.007 0.002 12 1 0.044 18:2 t not further defined......g 18:3 undifferentiated......g 0.023 12 0.779 0.129 1 AS 18:3 n-3 c,c,c (ALA)......g 0.128 0.023 12 A 1 0.774 0.001 0.000 12 18:3 n-6 c,c,c.....g Α 1 0.006 18:3i.....g 0.000 0.000 12 1 0.000 18:4.....g Α 0.002 0.000 12 Α 1 0.014 20:2 n-6 c.c.....g 0.003 0.000 12 AS 0.020 20:3 undifferentiated.....g 1 0.000 0.000 12 A 1 0.000 20:3 n-3.....g 0.003 0.000 12 1 20:3 n-6.....g А 0.020 0.016 0.002 12 1 0.099 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.002 0.000 12 А 1 0.009 21:5.....g 0.004 0.000 12 0.026 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.002 0.000 12 А 0.012 0.000 12 0.002 22:6 n-3 (DHA)......g Α 1 0.010 0.017 NC 0 4 0.104 Fatty acids, total trans-monoenoic......g 0.010 0 NC 4 0.059 0.007 NC 0.044 Fatty acids, total trans-polyenoic.......g 1.666 6 Cholesterol....mg 16 1 94 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.083 1 0.500 Α 1 1.617 0.268 0 Α

	Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean Std. Erro	of Data	Deriv		Confidence Code		easures of foo Measure 2	Measure 3	
	0.280	0	A	1		1.691			
Isoleucine	0.502	0	A	1		3.033			
Leucineg Lysineg	0.475	0	A	1		2.869			
Methionine9	0.163	0	A	1		0.987			
Cystineg	0.103	0	A	1		0.463			
Phenylalanine	0.252	0	A	1		1.525			
•	0.232	0	A	1		1.314			
Tyrosineg Valineg	0.218	0	A	1		1.857			
	0.424	0	A	1		2.558			
Arginine	0.424	0	A	1		1.112			
Histidine		•		1					
Alanineg	0.356	0	A	1		2.152			
Aspartic acidg	0.604	0	A	1		3.645			
Glutamic acidg	1.380	0	A	1		8.333			
Glycineg	0.237	0	A	1		1.431			
Prolineg	0.355	0	A	1		2.147			
Serineg	0.252	0	A	1		1.525			
Hydroxyprolineg									

Common Measures:

Measure 1 = 604g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. May include onions, cabbage, carrots and/or broccoli.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

Refuse:0%

						ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean St			Deriv		Confidence Code		Measure 2	Measure 3
Proximates:	a	F0 60	1 632					45.03		
Water		50.60 250	1.632	4 0	A NC	1 4		45.03 222		
Energy		1045		0	NC	4		930		
Protein		8.28	1.420	4	A	1		7.37		
Total lipid (fat)		11.94	0.671	4	A	1		10.63		
Ash	_	1.89	0.148	4	A	1		1.68		
Carbohydrate, by difference		27.29	0.140	0	NC	4		24.29		
Fiber, total dietary		2.6	0.284		A	1		2.3		
=		2.0	0.201	-		-		2.5		
Sugars, total		0.52	0.168	4	A	1		0.46		
Sucrose		1.40	0.337	4	A	1		1.24		
Glucose (dextrose)		0.73	0.337	4	A	1		0.65		
Fructose		0.00	0.123	4	A	1		0.00		
Lactose		1.14	0.000	4	A	1		1.01		
Maltose		1.11	0.101	-	A	-		1.01		
Galactose		19.80	1.064	4	A	1		17.62		
Starcii	9	17.00	1.004	-	A	-		17.02		
Minerals:										
Calcium, Ca	-	40	5.074	4	A	1		35		
Iron, Fe		1.41	0.245	4	A	1		1.26		
Magnesium, Mg		18	0.816	4	A	1		16		
Phosphorus, P		85	10.061	4	A	1		76		
Potassium, K		165	5.000	4	A	1 1		147		
Sodium, NaZinc, Zn		468 0.62	54.371 0.110	4 4	A A	1		416 0.56		
Copper, Cu		0.148	0.000	4	A	1		0.132		
Manganese, Mn		0.245	0.034	4	A	1		0.218		
Selenium, Se		0.0	0.002	4	A	1		0.0		
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	_	0.0	0 040	1	A A	1 1		0.0		
Thiamin	_	0.165 0.077	0.040 0.011	4 4	A	1		0.147 0.069		
Riboflavin	-	2.725	0.511	4	A	1		2.425		
Pantothenic acid	-	0.380	0.047	4	A	1		0.338		
Vitamin B-6		0.167	0.029	4	A	1		0.149		
Folate, total		0.107	0.023	-		-		0.115		
Folate, DFE										
Choline, total		17.9		0	AS	1		15.9		
Betaine	_	21.9		1	A	1		19.5		
Vitamin B-12		0.44	0.112	4	A	1		0.39		
Vitamin A, RAE										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3) Vitamin D	1. 7									
Vitamin K (phylloquinone)		58.9	11.834	4	A	1		52.4		
Dihydrophylloquinone		0.0	0.000	4	A	1		0.0		
Menaquinone-4		3.3	1.311		A	1		2.9		
rrichaquinone-4		3.3	1.311	-	•	-		2.7		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 2.116 1.883 Fatty acids, total saturated......g 0 NC 4:0.....g 6:0.....g 0.007 0.004 4 1 0.006 8:0.....g Α 0.000 0.000 Α 1 0.000 0.000 0.000 0.000 12:0 a 1 Α 13:0.....g 0.029 0.009 1 0.026 14·0 Α 15:0.....g 0.000 0.000 3 A 1 0.000 1.459 0.160 1.298 Α 1 0.003 4 0.016 Α 1 0.014 0.535 0.053 4 Α 1 0.476 18:0.....g 0.034 0.003 4 A 1 0.030 0.036 0.002 А 1 0.032 22:0 a 3.036 Fatty acids, total monounsaturated......g 0 NC 2.702 14:1.....g 0.007 0.001 4 Α 1 0.006 0.000 0.000 15:1......g A 0.000 0.061 16:1 undifferentiated......g 0.093 4 Α 1 0.083 17:1.....g 0.000 0.000 Α 1 0.000 0.255 2.889 4 18:1 undifferentiated......g AS 1 2.571 0.245 18:1 c.....g 2.844 A 2.531 0.046 0.019 1 Α 0.041 18:1-11 t (18:1t n-7).....g 0.048 0.003 4 1 0.042 20:1.....g Α 22:1 undifferentiated......g 24:1 c.....g 5.601 0 NC 4 4.985 Fatty acids, total polyunsaturated......g 4.928 0.325 1 18:2 undifferentiated......g 4 AS 4.386 4.871 0.322 1 4.335 18:2 n-6 c,c.....g 18:2 CLAs......g 18:2 t,t.....g 0.057 0.006 4 Α 1 0.051 18:2 i......g 18:2 t not further defined......g 0.584 0.656 0.066 1 18:3 undifferentiated......g 18:3 n-3 c,c,c (ALA).....g 0.058 0.636 Α 1 0.566 0.020 0.009 0.018 18:3 n-6 c,c,c......g 1 18:3i.....g 18:4.....g 0.007 0.001 0.007 1 20:2 n-6 c,c.....g 20:3 undifferentiated.....g 0.000 0.000 4 1 0.000 20:3 n-3.....g 0.009 0.005 4 Α 1 0.008 20:4 n-6.....g 20:5 n-3 (EPA).....g 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 22:6 n-3 (DHA).....g Fatty acids, total trans.....g 0.103 NC 0.091 0.046 0 NC 4 Fatty acids, total trans-monoenoic......g 0.041 Fatty acids, total trans-polyenoic.......g 0.057 0 NC 4 0.051 4.851 1 Cholesterol....mg 16 4 Α 14 Phytosterols.....mg Amino Acids: 0.066 0.059 A 1 Tryptophan.....g 0.339 0 1 Threonine......g Α 0.302 Isoleucine.....g 0.296 0 Α 1 0.264 0 Leucine.....g 0.581 Α 1 0.517 0.368 0 Α 1 0.328 Methionine.....g 0.147 0 Α 1 0.131 0.159 0.141 Cystine.....g

	Amount in	100 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Er				Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.360	0	A	1		0.321		
Tyrosineg	0.249	0	A	1		0.221		
Valineg	0.331	0	A	1		0.295		
Arginineg	0.412	0	A	1		0.367		
Histidineg	0.183	0	A	1		0.163		
Alanineg	0.296	0	A	1		0.263		
Aspartic acidg	0.564	0	A	1		0.502		
Glutamic acidg	2.747	0	A	1		2.445		
Glycineg	0.361	0	A	1		0.321		
Prolineg	0.778	0	A	1		0.692		
Serineg	0.323	0	A	1		0.288		
Hydroxyprolineg	0.000	0.000 4	A	1		0.000		

Common Measures:

Measure 1 = 89g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gı	ram s	of edi	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nur	nber					easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean Sto	d.Error Po				Code	Measure 1	Measure 2	Measure 3
nati ionto ana								mododio i	mode are 2	modouro (
Proximates:										
Water	g	59.09	1.145	16	A	1		80.95		
Energy		174		0	NC	4		238		
Energy	kJ	728		0	NC	4		997		
Protein	g	4.05	0.132	16	A	1		5.54		
Total lipid (fat)	g	2.96	0.307	16	A	1		4.05		
Ash	g	1.12	0.071	16	A	1		1.53		
Carbohydrate, by difference	g	32.79		0	NC	4		44.92		
Fiber, total dietary	g	1.1	0.149	4	A	1		1.5		
Sugars, total	g	0.56	0.139	7	A	1		0.76		
Sucrose	g	0.37	0.125	7	A	1		0.51		
Glucose (dextrose)		0.13	0.041	7	A	1		0.18		
Fructose		0.05	0.016	7	A	1		0.07		
Lactose		0.00	0.000	7	A	1		0.00		
Maltose		0.00	0.000	7	A	1		0.00		
Galactose		0.00	0.000	7	A	1		0.00		
Starch		30.80	1.770	4	A	1		42.20		
Minerals:										
Calcium, Ca	_	12	0.651		A	1		16		
Iron, Fe		0.66	0.074		A	1		0.91		
Magnesium, Mg		10	0.431		A	1		13		
Phosphorus, P		51	2.279		A	1		70		
Potassium, K	-	76	5.656		A	1		104		
Sodium, Na	_	387	17.145		A	1		530		
Zinc, Zn		0.72	0.017		A	1 1		0.99		
Copper, Cu		0.095 0.433	0.005 0.007		A A	1		0.130 0.593		
Manganese, Mn Selenium, Se		8.3	0.734		A	1		11.3		
	Р9	0.5	0.754	12		-		11.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	3.8		0	FLA	4		5.2		
Thiamin	-	0.015	0.000		A	1		0.020		
Riboflavin	_	0.026	0.006		A	1		0.036		
Niacin	-	0.637	0.123	4	A	1		0.872		
Pantothenic acid	•									
Vitamin B-6	•	0.032	0.003		A	1		0.044		
Folate, total		6	1.936		A	1		8		
Folic acid		0	0.000		A	1		0		
Folate, food		6	1.936		AS	1		8		
Folate, DFE		6		0	NC	4		8		
Choline, total		5.5		0	AS	1		7.5		
Betaine		0.2	0 000	1	A	1		0.3		
Vitamin B-12		0.00	0.000		A	1 7		0.00		
Vitamin B-12, added		0.00		0	Z			0.00		
Vitamin A, RAE		22		0	AS	1		30		
Retinol		10		1	A A	1 1		14 176		
Carotene, beta		128		1	A A	1		176 52		
Carotene, alpha		38			A			52		
Cryptoxanthin, beta		0 279		1 0	A As	1 1		0 382		
Vitamin A, IU				1		1				
Lycopene		3 103		1	A A	1		4 141		
Lutein + zeaxanthin		103	0.043		A					
Vitamin E (alpha-tocopherol)		0.13	0.043		A	1 7		0.18		
Vitamin E, added		0.00	0 010	0	Z			0.00		
		0.03	0.010		A A	1 1		0.04 1.78		
Tocopherol, beta	ma									
Tocopherol, gamma		1.30	0.661							
•	mg	0.28 0.31	0.661 0.057 0.283	4	A A	1		0.39 0.43		

	Amount in 100 grams of edible portion Alexander								Amount in e	Amount in edible portion of common		
				Num	ber				<u>m</u> (easures of foo	<u>d</u>	
							Source	Confidence				
Nutrients and Units	Mean	Sto	d. Error	Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.			077	4	A	1		0.22			
Tocotrienol, deltamg	0.		0.	000	4	A	1		0.00			
Vitamin D (D2 + D3)µg	0.				2 1	AS	1 1		0.0			
Vitamin D2 (ergocalciferol)µg	0.				1	A A	1		0.0 0.0			
Vitamin D3 (cholecalciferol)µg Vitamin D	0.	U			1	A	1		0.0			
Vitamin K (phylloquinone)µg	2.	8			2	A	1		3.8			
Dihydrophylloquinoneµg	0.	0			2	A	1		0.0			
Menaquinone-4	0.	0			2	A	1		0.0			
Lipids:												
Fatty acids, total saturatedg	0.	540			0	NC	4		0.740			
4:0g		000	0.	000	7	A	1		0.000			
6:0g	0.	000	0.	000	7	A	1		0.000			
8:0g	0.	000	0.	000	7	A	1		0.000			
10:0g	0.	000	0.	000	7	A	1		0.000			
12:0g	0.	000	0.	000	7	A	1		0.000			
13:0g												
14:0g		012		001	7	A	1		0.016			
15:0g		000		000	7	A	1 1		0.001			
16:0g 17:0g		386 002		030 000	7 7	A A	1		0.529 0.003			
17:0g 18:0g		121		013	7	A	1		0.166			
20:0g		007		001	7	A	1		0.010			
22:0g		006		001	7	A	1		0.009			
24:0g		004		001	7	A	1		0.006			
Fatty acids, total monounsaturated	0.	649			0	NC	4		0.889			
14:1g	0.	000	0.	000	7	A	1		0.000			
15:1g	0.	000	0.	000	7	A	1		0.000			
16:1 undifferentiatedg		013	0.	003	7	AS	1		0.018			
16:1 cg		013		003	7	A	1		0.018			
16:1 tg		000		000	7	A	1		0.000			
17:1g		001		000	7	A	1		0.001			
18:1 undifferentiated		625 621		062 061	7 7	AS A	1 1		0.857 0.850			
18:1 cg 18:1 tg		005		001	7	A	1		0.006			
18:1-11 t (18:1t n-7)	٠.	005	٠.	001	•		-		0.000			
20:1	0.	009	0.	002	7	A	1		0.012			
22:1 undifferentiatedg	0.	000	0.	000	7	AS	1		0.000			
22:1 cg	0.	000	0.	000	7	A	1		0.000			
22:1 tg	0.	000	0.	000	7	A	1		0.000			
24:1 cg	0.	001	0.	000	7	A	1		0.001			
Fatty acids, total polyunsaturated		111			0	NC	4		1.522			
18:2 undifferentiatedg		989		091	7	AS	1		1.355			
18:2 n-6 c,cg		981		090	7	A	1		1.344			
18:2 CLAs	0.	001	0.	001	7	A	1		0.002			
18:2 t,tg 18:2 ig												
18:2 t not further definedg	0.	007	0.	001	7	A	1		0.009			
18:3 undifferentiatedg		113		011	7	AS	1		0.155			
18:3 n-3 c,c,c (ALA)g		111		011	7	A	1		0.152			
18:3 n-6 c.c.cg	0.	002	0.	000	7	A	1		0.003			
18:3ig		000		000	3	A	1		0.000			
18:4g	0.	000	0.	000	7	A	1		0.000			
20:2 n-6 c,cg		001		000	7	A	1		0.001			
20:3 undifferentiatedg		000		000	7	AS	1		0.000			
20:3 n-3g		000		000	7	A	1		0.000			
20:3 n-6g		000		000	7	A	1		0.000			
20:4 undifferentiated	0.	006	0.	002	7	A	1		0.009			
20:4 n-6	^	000	^	000	7	7	1		0 000			
20:5 n-3 (EPA)g 21:5g	0.	000	υ.	000	7	A	1		0.000			
21:5g 22:4g	0	000	0 -	000	7	A	1		0.000			
22:5 n-3 (DPA)g		000		000	7	A	1		0.000			
	•		-•				_					

	Amou	ınt in 100 <u>(</u>	grams	of edi	Amount in edible portion of common					
		Nu	um ber	•			measures of food			
		0	f Data	Deriv	Source C	Confidence				
Nutrients and Units	Mean St	d. Error F				Code	Measure 1	Measure 2	Measure 3	
	mean or	а. 🗕 го.					measure i	Wedsure 2	measure o	
22:6 n-3 (DHA)g	0.002	0.00	1 7	A	1		0.003			
Fatty acids, total transg	0.011		0	NC	4		0.016			
Fatty acids, total trans-monoenoicg	0.005		0	NC	4		0.006			
Fatty acids, total trans-polyenoicg	0.007		0	NC	4		0.009			
Cholesterolmg	18	5.32	6 4	A	1		25			
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.052		0	A	1		0.071			
Threonineg	0.173		0	A	1		0.237			
Isoleucineg	0.173		0	A	1		0.237			
Leucineg	0.335		0	A	1		0.460			
Lysineg	0.173		0	A	1		0.237			
Methionineg	0.114		0	A	1		0.156			
Cystineg	0.084		0	A	1		0.114			
Phenylalanineg	0.225		0	A	1		0.308			
Tyrosineg	0.154		0	A	1		0.212			
Valineg	0.251		0	A	1		0.343			
Arginineg	0.335		0	A	1		0.460			
Histidineg	0.094		0	A	1		0.129			
Alanineg	0.241		0	A	1		0.331			
Aspartic acidg	0.407		0	A	1		0.558			
Glutamic acidg	1.073		0	A	1		1.470			
Glycineg	0.178		0	A	1		0.243			
Prolineg	0.188		0	A	1		0.258			
Serineg	0.210		0	A	1		0.287			
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeinemg	0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			

Common Measures:

Measure 1 = 137g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ole porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber	•			measures of food			
			of l	Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	45.15	1.099	6	A	1		241.58	23.93		
Energy	kcal	295		0	NC	4		1577	156		
Energy	kJ	1233		0	NC	4		6599	654		
Protein	g	12.90	1.115	6	A	1		68.99	6.83		
Total lipid (fat)	g	16.36	1.062	12	A	1		87.54	8.67		
Ash	g	1.60	0.056	6	A	1		8.54	0.85		
Carbohydrate, by difference	g	23.99		0	NC	4		128.34	12.71		
Fiber, total dietary	g	0.9	0.049	6	A	1		4.6	0.5		
Sugars, total	g	11.60	1.542	6	A	1		62.05	6.15		
Sucrose	g	10.46	1.548	6	A	1		55.99	5.55		
Glucose (dextrose)		0.62	0.205	6	A	1		3.33	0.33		
Fructose		0.51	0.196	6	A	1		2.73	0.27		
Lactose	g	0.00	0.000	6	A	1		0.00	0.00		
Maltose		0.00	0.000	6	A	1		0.00	0.00		
Galactose	g	0.00	0.000	6	A	1		0.00	0.00		
Starch		11.83	0.613	6	A	1		63.31	6.27		
	=										
Minerals:											
Calcium, Ca	•	12	0.579	12	A	1		66	7		
Iron, Fe		1.16	0.139	12	A	1		6.18	0.61		
Magnesium, Mg		18	1.074	12	A	1		95	9		
Phosphorus, P		127		12	A	1		677	67		
Potassium, K	_	201	14.941		A	1		1075	107		
Sodium, Na	_	435	15.817	12	A A	1 1		2325	230		
Zinc, Zn		1.30 0.046	0.137 0.004	12	A A	1		6.93 0.249	0.69 0.025		
Copper, Cu		0.046	0.004	12	A	1		0.249	0.025		
Manganese, Mn Selenium, Se		14.4	1.738	3	A	1		76.9	7.6		
Scienium, Sc	Р9	11.1	1.750	3		-		70.5	7.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	1.6	0.273	6	A	1		8.7	0.9		
Thiamin	_	0.027	0.007	6	A	1		0.147	0.015		
Riboflavin	_	0.118	0.009	6	A	1		0.633	0.063		
Niacin	_	2.853	0.336	6	A	1		15.265	1.512		
Pantothenic acid		0.617	0.030	3	A	1		3.299	0.327		
Vitamin B-6	_	0.202	0.012	6	A	1		1.080	0.107		
Folate, total		11		0	BFZN	4		59	6		
Folic acid		5		0	BFZN	4		28	3		
Folate, food	µg	6		0	NC	4		31	3		
Folate, DFE		15		0	NC	4		79	8		
Choline, total	_	41.5		0	AS	1		222.0	22.0		
Betaine	_	5.5		1	A	1		29.4	2.9		
Vitamin B-12		0.22	0.013	6	A	1		1.18	0.12		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		11		0	AS	1		57	6		
Retinol		7	0.384	3	A	1		39	4		
Carotene, beta		37	9.895	3	A	1		196	19		
Carotene, alpha		2	1.291	3	A	1		10	1		
Cryptoxanthin, beta		9	2.285	3	A	1		49	5		
Vitamin A, IU		94		0	AS	1		505	50		
Lycopene		20	19.573	3	A	1		105	10		
Lutein + zeaxanthin		99	18.487	3	A	1		530	52		
Vitamin E (alpha-tocopherol)		1.21	0.181	3	A	1		6.45	0.64		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		0.15	0.014	3	A	1		0.79	0.08		
Tocopherol, gamma		6.14	0.613	3	A	1		32.83	3.25		
Tocopherol, delta		2.75	0.289	3	A	1		14.72	1.46		
Tocotrienol, alpha	ma	0.02	0.002	3	A	1		0.13	0.01		

	Amo	unt in 100			ole portion		Amount in edible portion of common measures of food			
			ım beı f Dətə		Source Con	fidence	<u></u>	casares or roc	<u>.u</u>	
Nutrients and Units	Mean S	Std. Error F				Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.02	0.00	8 3	A	1		0.12	0.01		
Tocotrienol, deltag	0.00	0.00	0 3	A	1		0.00	0.00		
Vitamin D (D2 + D3)µg	0.2		0	AS	1		0.8	0.1		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	0.2		0	BFFN	4		0.8	0.1		
Vitamin D3 (cholecalcrierol)pg Vitamin D	6		0	BFFN	4		34	3		
Vitamin K (phylloquinone)µg	38.2	7.88	2 3	A	1		204.2	20.2		
Dihydrophylloquinoneµg										
Menaquinone-4µg	7.2	1.49	3 3	A	1		38.6	3.8		
Lipids:										
Fatty acids, total saturated	2.760		0	NC	4		14.767	1.463		
4:0g	0.007		5 12	A	1		0.040	0.004		
6:0g	0.000			A	1		0.001	0.000		
8:0g 10:0g	0.008			A A	1 1		0.045 0.007	0.004 0.001		
10:0g 12:0g	0.003			A	1		0.007	0.001		
13:0g	0.000	0.00	·	••	-		0.010	0.002		
14:0g	0.029	0.00	2 12	A	1		0.153	0.015		
15:0g	0.005	0.00	0 12	A	1		0.025	0.003		
16:0g	1.920	0.11	5 12	A	1		10.271	1.017		
17:0g	0.016		1 12	A	1		0.083	0.008		
18:0g	0.681			A	1		3.645	0.361		
20:0g	0.038			A	1 1		0.204	0.020		
22:0g 24:0g	0.039		3 12 1 12	A A	1		0.207 0.070	0.021 0.007		
Fatty acids, total monounsaturatedg	3.879		0	NC	4		20.755	2.056		
14:1g	0.006		1 12	A	1		0.033	0.003		
15:1g	0.000			A	1		0.000	0.000		
16:1 undifferentiatedg	0.187	0.02	3 12	AS	1		1.000	0.099		
16:1 cg	0.185	0.02	3 12	A	1		0.992	0.098		
16:1 tg	0.002			A	1		0.009	0.001		
17:1g	0.013		1 12	A	1		0.069	0.007		
18:1 undifferentiatedg	3.591 3.562		6 12 6 12	AS A	1 1		19.211 19.055	1.903 1.888		
18:1 cg 18:1 tg	0.029		0 12	A	1		0.156	0.015		
18:1-11 t (18:1t n-7)	0.023	0.01	·		-		0.150	0.013		
20:1g	0.072	0.00	6 12	A	1		0.386	0.038		
22:1 undifferentiatedg	0.007	0.00	1 12	AS	1		0.039	0.004		
22:1 cg	0.004		0 12	A	1		0.023	0.002		
22:1 tg	0.003		0 12	A	1		0.016	0.002		
24:1 cg	0.003		0 12	A	1		0.016	0.002		
Fatty acids, total polyunsaturated	7.501		0 0 12	NC AS	4 1		40.131	3.976		
18:2 undifferentiated	6.541 6.470		4 12	AS A	1		34.997 34.613	3.467 3.429		
18:2 CLAs	0.016		1 12	A	1		0.085	0.008		
18:2 t,tg										
18:2 ig										
18:2 t not further defined	0.056	0.00	7 12	A	1		0.299	0.030		
18:3 undifferentiatedg	0.845		4 12	AS	1		4.521	0.448		
18:3 n-3 c,c,c (ALA)g	0.840		4 12	A	1		4.492	0.445		
18:3 n-6 c,c,c	0.005	0.00	1 12	A	1		0.029	0.003		
18:4	0.001	0.00	0 12	A	1		0.007	0.001		
20:2 n-6 c,cg	0.011		1 12	A	1		0.060	0.006		
20:3 undifferentiated	0.011		1 12	AS	1		0.058	0.006		
20:3 n-3g	0.001		0 12	A	1		0.006	0.001		
20:3 n-6g	0.010		1 12	A	1		0.052	0.005		
20:4 undifferentiatedg	0.060	0.00	6 12	A	1		0.319	0.032		
20:4 n-6g 20:5 n-3 (EPA)g	0.005		1 12	A	1		0.027	0.003		
20:5 n-3 (EPA)g 21:5g	0.003	. 0.00	_ 14	A	-		0.027	0.003		
22:4g	0.015	0.00	1 12	A	1		0.081	0.008		
22:5 n-3 (DPA)g	0.006		1 12	A	1		0.031	0.003		

	<u>Am ou</u>	nt in 100 g			<u>on</u>	Amount in edible portion of common measures of food			
			nber		0	0		000010001100	<u></u>
						Confidence			
Nutrients and Units	Mean Sto	d. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.005	0.001	12	A	1		0.029	0.003	
Fatty acids, total transg	0.090		0	NC	4		0.480	0.048	
Fatty acids, total trans-monoenoicg	0.034		0	NC	4		0.181	0.018	
Fatty acids, total trans-polyenoicg	0.056		0	NC	4		0.299	0.030	
Cholesterolmg	53	3.489	6	A	1		282	28	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.142		0	A	1		0.762	0.075	
Threonineg	0.552		0	A	1		2.955	0.293	
Isoleucineg	0.564		0	A	1		3.018	0.299	
Leucineg	1.026		0	A	1		5.487	0.544	
Lysineg	1.089		0	A	1		5.826	0.577	
Methionineg	0.332		0	A	1		1.774	0.176	
Cystineg	0.144		0	A	1		0.769	0.076	
Phenylalanineg	0.563		0	A	1		3.012	0.298	
Tyrosineg	0.389		0	A	1		2.081	0.206	
Valineg	0.607		0	A	1		3.247	0.322	
Arginineg	0.688		0	A	1		3.681	0.365	
Histidineg	0.333		0	A	1		1.779	0.176	
Alanineg	0.752		0	A	1		4.023	0.398	
Aspartic acidg	1.202		0	A	1		6.430	0.637	
Glutamic acidg	2.399		0	A	1		12.833	1.271	
Glycineg	0.606		0	A	1		3.244	0.321	
Prolineg	0.493		0	A	1		2.637	0.261	
Serineg	0.529		0	A	1		2.828	0.280	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Footnotes:

Measure 1 = 535g: 1 order

Measure 2 = 53g: 3 pieces

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed only had breaded chicken and sauce. A few had broccoli and/or red pepper.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

		<u>Am oui</u>	nt in 100 gr	am s	of edi	ole portio	<u>n</u>	Amount in edible portion of common			
			Nun	nber	•				easures of fo		
			of l	Data	Deriv	Source (Confidence				
Nutrients and U	nits	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	q	74.78	0.698	6	A	1		451.66			
Energy		129		0	NC	4		781			
Energy		541		0	NC	4		3268			
Protein		9.76	0.643	6	A	1		58.95			
Total lipid (fat)	g	6.98	0.842	12	A	1		42.16			
Ash	g	1.61	0.070	6	A	1		9.70			
Carbohydrate, by difference	g	6.87		0	NC	4		41.52			
Fiber, total dietary	g	1.5	0.085	6	A	1		9.4			
Sugars, total	g	3.03	0.332	6	A	1		18.31			
Sucrose	g	1.86	0.270	6	A	1		11.22			
Glucose (dextrose)		0.63	0.073	6	A	1		3.83			
Fructose	g	0.54	0.043	6	A	1		3.26			
Lactose		0.00	0.000	6	A	1		0.00			
Maltose		0.00	0.000	6	A	1		0.00			
Galactose		0.00	0.000	6	A	1		0.00			
Starch	g	2.53	0.264	6	A	1		15.30			
Minerals:											
Calcium, Ca	mg	20	1.999	12	A	1		123			
Iron, Fe	mg	0.76	0.107	12	A	1		4.61			
Magnesium, Mg	mg	24	1.805	12	A	1		148			
Phosphorus, P		94	6.610	12	A	1		570			
Potassium, K	-	218	12.658	12	A	1		1318			
Sodium, Na	-	402	25.712		A	1		2425			
Zinc, Zn		0.74 0.073	0.089	12 12	A A	1 1		4.47 0.443			
Copper, Cu		0.073	0.008	12	A	1		1.547			
Selenium, Se		8.1	0.379	3	A	1		48.9			
	3										
Vitamins:	ma	7.1	1 054	_				42.0			
Vitamin C, total ascorbic acid	_	0.032	1.954 0.005	6 6	A A	1 1		43.0 0.191			
ThiaminRiboflavin	_	0.032	0.003	6	A	1		0.332			
Niacin	_	2.757	0.193	6	A	1		16.650			
Pantothenic acid	-	0.500	0.062	3	A	1		3.020			
Vitamin B-6		0.243	0.024	6	A	1		1.466			
Folate, total	_	16		1	A	1		95			
Folic acid		0		0	z	7		0			
Folate, food	µg	16		1	A	1		95			
Folate, DFE	µg	16		0	NC	4		95			
Choline, total		37.4		0	AS	1		226.0			
Betaine	-	3.7		1	A	1		22.5			
Vitamin B-12		0.11	0.013	6	A	1		0.69			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		65 0	0 000	0	AS	1 1		392			
Retinol Carotene, beta		601	0.000 273.981	3 3	A A	1		0 3631			
Carotene, alpha		341	177.387	3	A	1		2061			
Cryptoxanthin, beta		16	4.056	3	A	1		94			
Vitamin A, IU		1299		0	AS	1		7847			
Lycopene		0	0.000	3	A	1		0			
Lutein + zeaxanthin		226	26.481	3	A	1		1367			
Vitamin E (alpha-tocopherol)		1.02	0.078	3	A	1		6.18			
Vitamin E, added	mg	0.00		0	Z	7		0.00			
Tocopherol, beta	mg	0.05	0.002	3	A	1		0.27			
Tocopherol, gamma		1.97	0.351	3	A	1		11.88			
Tocopherol, delta		0.61	0.175	3	A	1		3.68			
Tocotrienol, alpha	mq	0.00	0.001	3	A	1		0.01			

	<u>Am</u>	ount in 1	00 gr	am s	of edil	ble portio	<u>n</u>	Amount in e	edible portion o	of common
			Nun	nber					easures of foo	
						Source C	Confidence			_
Nutrients and Units	Mean	Std. Erro				Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	g 0.03	L 0	.001	3	A	1		0.04		
Tocotrienol, delta	=	0	.000	3	A	1		0.00		
Vitamin D (D2 + D3)				0	Z	7		0.0		
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)µ Vitamin D				0	z	7		0		
Vitamin K (phylloquinone)		1	.691		A	1		82.2		
Dihydrophylloquinone	9			-		_				
Menaquinone-4		0	.309	3	A	1		13.2		
-										
Lipids: Fatty acids, total saturated	1.3	52		0	NC	4		8.168		
4:0	0.00		.000		A	1		0.019		
6:0g	0.00		.000		A	1		0.000		
8:0g	0.00	02 0	.000	12	A	1		0.012		
10:0g	0.00	01 0	.000	12	A	1		0.007		
12:0g	0.00	02 0	.000	12	A	1		0.011		
13:0g										
14:0g	0.03		.003		A	1		0.084		
15:0g	0.00		.000		A	1		0.013		
16:0g	0.90		.110		A	1		5.459		
17:0g	0.00		.001		A	1		0.041		
18:0g	0.29		.035		A	1		1.783		
20:0g 22:0g	0.04		.004		A A	1 1		0.240 0.339		
24:0g	0.0		.003		A	1		0.162		
Fatty acids, total monounsaturatedg	2.1		.005	0	NC	4		13.126		
14:1	0.00		.000		A	1		0.015		
15:1g	0.00		.000		A	1		0.000		
16:1 undifferentiated	0.0		.015		AS	1		0.463		
16:1 cg	0.0	76 0	.015	12	A	1		0.458		
16:1 tg	0.00	01 0	.000	12	A	1		0.005		
17:1g	0.00	06 0	.001	12	A	1		0.034		
18:1 undifferentiatedg	2.04		.234		AS	1		12.347		
18:1 cg	2.0		.233		A	1		12.273		
18:1 t	0.03	L2 0	.004	12	A	1		0.074		
18:1-11 t (18:1t n-7)g 20:1g	0.04	10 0	.006	12	A	1		0.240		
20:1 undifferentiated	0.0		.001		AS	1		0.240		
22:1 c	0.00		.000		A	1		0.013		
22:1 t	0.00		.000		A	1		0.005		
24:1 cg	0.00		.000		A	1		0.008		
Fatty acids, total polyunsaturated	3.02			0	NC	4		18.239		
18:2 undifferentiatedg	2.73	L 4 0	.324	12	AS	1		16.393		
18:2 n-6 c,cg	2.68	38 0	.320	12	A	1		16.237		
18:2 CLAs	0.00	05 0	.001	12	A	1		0.033		
18:2 t,tg										
18:2 ig						_				
18:2 t not further definedg	0.0		.005		A	1		0.123		
18:3 undifferentiated	0.24		.039		AS A	1 1		1.486		
18:3 n-3 c,c,c (ALA)	0.24		.000		A	1		1.472 0.014		
18:3ig	0.00	,,,	.000	12		-		0.014		
18:4	0.00	0 0	.000	12	A	1		0.001		
20:2 n-6 c.cg	0.00		.001		A	1		0.032		
20:3 undifferentiatedg	0.00		.001		AS	1		0.033		
20:3 n-3g	0.00	0 0	.000	12	A	1		0.002		
20:3 n-6g	0.00	05 0	.001	12	A	1		0.031		
20:4 undifferentiated	0.03	31 0	.004	12	A	1		0.188		
20:4 n-6g										
20:5 n-3 (EPA)g	0.00	03 0	.000	12	A	1		0.018		
21:5g	4 -				_	_				
22:4g	0.00		.001		A A	1 1		0.048		
22:5 n-3 (DPA)g	0.00	0	.000		А	_		0.022		

	<u>Am our</u>	nt in 100 gı Nur	rams nber		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std	of .Error Po				Confidence Code	Measure 1	Measure 2	Measure 3
22 (. 2 /PVI)	0.002		10	_			0.015		
22:6 n-3 (DHA)g	0.003 0.034	0.000	12 0	A NC	1 4		0.017		
Fatty acids, total trans	0.034		0	NC NC	4		0.208 0.085		
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg	0.020		0	NC NC	4		0.085		
Cholesterolmg	26	3.727	•	A	1		158		
Phytosterolsmg	20	3.727	Ü		-		136		
Amino Acids:									
Tryptophang	0.118		0	A	1		0.711		
Threonineg	0.407		0	A	1		2.457		
Isoleucineg	0.431		0	A	1		2.605		
Leucineg	0.775		0	A	1		4.679		
Lysineg	0.449		0	A	1		2.709		
Methionineg	0.240		0	A	1		1.452		
Cystineg	0.105		0	A	1		0.637		
Phenylalanineg	0.402		0	A	1		2.425		
Tyrosineg	0.347		0	A	1		2.098		
Valineg	0.470		0	A	1		2.841		
Arginineg	0.640		0	A	1		3.866		
Histidineg	0.265		0	A	1		1.599		
Alanineg	0.573		0	A	1		3.461		
Aspartic acidg	0.967		0	A	1		5.843		
Glutamic acidg	1.783		0	A	1		10.771		
Glycineg	0.396		0	A	1		2.391		
Prolineg	0.341		0	A	1		2.063		
Serineg	0.395		0	A	1		2.385		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 604g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed had carrots. Some had broccoli, red or green pepper, mushrooms, onion, and/or celery.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

		Amou	nt in 100 gr	ams	of edi	ble porti	<u>on</u>	Amount in edible portion of common				
			Nun	nber	•			measures of food				
			of	Data	Deriv	Source	Confidence					
Nutrients and Ur	nits	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	-	52.69	2.951	8	A	1		328.26	38.46			
Energy		252		0	NC	4		1569	184			
Energy		1054		0	NC	4		6566	769			
Protein	g	11.87	0.898	8	A	1		73.93	8.66			
Total lipid (fat)	g	13.55	1.748	14	A	1		84.39	9.89			
Ash	g	1.28	0.140	8	A	1		8.00	0.94			
Carbohydrate, by difference	g	20.61		0	NC	4		128.42	15.05			
Fiber, total dietary	g	1.0	0.116	7	A	1		6.3	0.7			
Sugars, total	g	8.18	1.695	7	A	1		50.94	5.97			
Sucrose	g	5.05	1.524	7	A	1		31.43	3.68			
Glucose (dextrose)		1.58	0.267	7	A	1		9.87	1.16			
Fructose	g	1.52	0.263	7	A	1		9.46	1.11			
Lactose	g	0.00	0.000	7	A	1		0.00	0.00			
Maltose		0.03	0.000	7	A	1		0.18	0.02			
Galactose	g	0.00	0.000	7	A	1		0.00	0.00			
Starch		10.27	0.787	6	A	1		63.96	7.49			
Minerals:												
Calcium, Ca	mg	40	5.861	14	A	1		248	29			
Iron, Fe	mg	1.22	0.149	14	A	1		7.57	0.89			
Magnesium, Mg	mg	16	0.770	14	A	1		98	11			
Phosphorus, P		136	8.583	14	A	1		846	99			
Potassium, K	mg	161	10.193	14	A	1		1001	117			
Sodium, Na	<u>mg</u>	252	38.412	14	A	1		1569	184			
Zinc, Zn	mg	0.51	0.077	14	A	1		3.17	0.37			
Copper, Cu	mg	0.040	0.002	14	A	1		0.250	0.029			
Manganese, Mn		0.089	0.008	14	A	1		0.554	0.065			
Selenium, Se	µg	13.0	2.384	4	A	1		81.3	9.5			
Vitamins:				_		_						
Vitamin C, total ascorbic acid	_	2.3	0.454	7	A	1		14.5	1.7			
Thiamin	_	0.053	0.005	7	A	1		0.329	0.039			
Riboflavin	_	0.070	0.006	7	A	1		0.436	0.051			
Niacin	• • • • • • • • • • • • • • • • • • • •	3.776	0.323	7	A	1		23.523	2.756			
Pantothenic acid		0.520	0.059	4	A	1		3.240	0.380			
Vitamin B-6	_	0.250	0.026	7	A	1		1.555	0.182			
Folate, total		9		1	A	1		55	6			
Folic acid		0		0	Z	7		0	0			
Folate, food	1.1	9		1	A	1		55	6			
Folate, DFE		9		0	NC	4		55	6			
Choline, total		28.6		0	AS	1		178.4	20.9			
Betaine		7.5	0 000	1	A	1		46.5	5.5			
Vitamin B-12		0.11	0.009	7	A	1		0.67	0.08			
Vitamin B-12, added		0.00		0	z	7		0.00	0.00			
Vitamin A, RAE		3 2	1 400	0	AS	1 1		16	2			
Retinol		1	1.480	3	A	1		15	2			
Carotene, beta			0.268	3	A			6	1			
Carotene, alpha		0 1	0.057 0.134	3	A A	1 1		0 9	0 1			
Cryptoxanthin, beta		1 11	0.134	0	A AS	1		9 67	8			
Vitamin A, IU		0	0.000	3	AS A	1		0	0			
Lycopene		36			A A	1		226	0 26			
Lutein + zeaxanthin			4.956	3 4	A A	1		226 8.00				
Vitamin E (alpha-tocopherol)		1.28	0.270	0	A Z	7		0.00	0.94			
Vitamin E, added		0.00	0 030						0.00			
Tocopherol, beta		0.11	0.030	4	A	1		0.71	0.08			
Tocopherol, gamma		5.95	0.721	4	A A	1		37.07	4.34			
Tocopherol, delta		2.32	0.296	4	A	1		14.48	1.70			
Tocotrienol, alpha	g	0.01 0.01	0.001 0.008	4 4	A	1		0.05	0.01			

	<u>Am</u>	ount in 10	0 gram	s of edi	ble portion	Amount in a	edible portion	of common
			Num be				easures of for	
				-	Source Confiden			
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.01	٥.	002 4	A	1	0.07	0.01	
Tocotrienol, deltamg	0.00	0.	000 4	A	1	0.00	0.00	
Vitamin D (D2 + D3)µg	0.1		0	AS	1	0.7	0.1	
Vitamin D2 (ergocalciferol)µg								
Vitamin D3 (cholecalciferol)µg	0.1		0	BFFN	4	0.7	0.1	
Vitamin DIU	5	_	0	BFFN	4	28	3	
Vitamin K (phylloquinone)µg	24.4	5.	005 3	A	1	152.1	17.8	
Dihydrophylloquinoneµg Menaquinone-4µg	2.6	0.	529 3	А	1	16.3	1.9	
Menaquinone-4pg	2.0	٠.	323 3	А	-	10.5	1.9	
Lipids:	0.00		•	***		10.665	1 404	
Fatty acids, total saturatedg	2.03 0.00		0 000 13	NC A	4 1	12.665 0.017	1.484 0.002	
6:0	0.00		000 13	A	1	0.000	0.002	
8:0g	0.00		000 13	A	1	0.026	0.003	
10:0g	0.00		000 13	A	1	0.009	0.001	
12:0g	0.00		000 13	A	1	0.011	0.001	
13:0g								
14:0g	0.02	21 0.	006 13	A	1	0.133	0.016	
15:0g	0.00	0.	000 13	A	1	0.019	0.002	
16:0g	1.40	0.	148 13	A	1	8.734	1.023	
17:0g	0.01		001 13	A	1	0.074	0.009	
18:0g	0.51		056 13	A	1	3.177	0.372	
20:0g	0.03		004 13	A	1	0.203	0.024	
22:0g	0.03		004 13	A A	1 1	0.193	0.023	
24:0g	0.01 2.74		001 13 0	A NC	4	0.068 17.127	0.008 2.007	
Fatty acids, total monounsaturatedg	0.00		001 13	A	1	0.013	0.002	
15:1g	0.00		000 13	A	1	0.000	0.002	
16:1 undifferentiated	0.07		017 13	AS	1	0.435	0.051	
16:1 cg	0.06		017 13	A	1	0.433	0.051	
16:1 tg	0.00	00 0.	000 13	A	1	0.003	0.000	
17:1g	0.00	0.	001 13	A	1	0.057	0.007	
18:1 undifferentiatedg	2.60	0.	290 13	AS	1	16.254	1.905	
18:1 cg	2.58		283 13	A	1	16.107	1.887	
18:1 tg	0.02	24 0.	014 13	A	1	0.147	0.017	
18:1-11 t (18:1t n-7)g								
20:1g	0.05		007 13	A	1	0.318	0.037	
22:1 undifferentiatedg	0.00		001 13 001 13	AS A	1 1	0.033 0.019	0.004 0.002	
22:1 tg	0.00		001 13	A	1	0.019	0.002	
24:1 cg	0.00		000 13	A	1	0.014	0.002	
Fatty acids, total polyunsaturatedg	6.08		0	NC	4	37.917	4.443	
18:2 undifferentiated	5.35		568 13	AS	1	33.349	3.908	
18:2 n-6 c,cg	5.30		562 13	A	1	33.027	3.870	
18:2 CLAsg	0.01	LO 0.	001 13	A	1	0.065	0.008	
18:2 t,tg								
18:2 ig								
18:2 t not further definedg	0.04		005 13	A	1	0.258	0.030	
18:3 undifferentiatedg	0.66		089 13	AS	1	4.166	0.488	
18:3 n-3 c,c,c (ALA)g	0.66		089 13	A	1	4.130	0.484	
18:3 n-6 c,c,cg	0.00		001 13	A	1	0.035	0.004	
18:3ig	0.00		1	A A	1 1	0.000 0.003	0.000	
18:4g 20:2 n-6 c.cg	0.00		000 13 001 13	A A	1	0.003	0.000 0.006	
20:2 n-6 c,c	0.00		001 13 001 13	AS	1	0.047	0.005	
20:3 undifferentiated	0.00		001 13	A5 A	1	0.039	0.000	
20:3 n-6g	0.00		000 13	A	1	0.035	0.004	
20:4 undifferentiatedg	0.03		004 13	A	1	0.197	0.023	
20:4 n-6g								
20:5 n-3 (EPA)g	0.00	0.	000 13	A	1	0.021	0.002	
21:5g								
22:4g	0.00		001 13	A	1	0.051	0.006	
22:5 n-3 (DPA)g	0.00	0.	000 13	A	1	0.021	0.002	

	<u>Am our</u>	nt in 100 gr			o <u>n</u>	Amount in edible portion of common measures of food			
		Num						easures or roc	<u>ou</u>
		of I	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std	l. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.003	0.000	13	A	1		0.021	0.002	
Fatty acids, total transg	0.068		0	NC	4		0.421	0.049	
Fatty acids, total trans-monoenoicg	0.026		0	NC	4		0.163	0.019	
Fatty acids, total trans-polyenoicg	0.041		0	NC	4		0.258	0.030	
Cholesterolmg	32	2.976	7	A	1		198	23	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.141		0	A	1		0.881	0.103	
Threonineg	0.513		0	A	1		3.199	0.375	
Isoleucineg	0.537		0	A	1		3.348	0.392	
Leucineg	0.978		0	A	1		6.096	0.714	
Lysineg	0.958		0	A	1		5.971	0.700	
Methionineg	0.330		0	A	1		2.057	0.241	
Cystineg	0.142		0	A	1		0.882	0.103	
Phenylalanineg	0.478		0	A	1		2.976	0.349	
Tyrosineg	0.369		0	A	1		2.302	0.270	
Valineg	0.570		0	A	1		3.552	0.416	
Arginineg	0.521		0	A	1		3.248	0.381	
Histidineg	0.365		0	A	1		2.275	0.267	
Alanineg	0.671		0	A	1		4.182	0.490	
Aspartic acidg	1.102		0	A	1		6.863	0.804	
Glutamic acidg	2.265		0	A	1		14.110	1.653	
Glycineg	0.506		0	A	1		3.153	0.369	
Prolineg	0.524		0	A	1		3.262	0.382	
Serineg	0.513		0	A	1		3.193	0.374	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 623g: 1 order

Measure 2 = 73g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant. Most dishes analyzed only had breaded chicken and sauce. A few had broccoli, celery and/or hot red pepper.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

		<u>Am oui</u>	nt in 100 gr	am s	of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	nber				measures of food			
			of I	Data	Deriv	Source	Confidence				
Nutrients and U	nits	Mean Sto	I. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:	_	40.40				_		24.2.22			
Water	-	48.43	2.132	9	A	1 4		313.80	30.51		
Energy		262		0	NC			1697	165		
Energy		1096		0	NC	4		7102	690		
Protein		14.46	0.843	9	A	1		93.73	9.11		
Total lipid (fat)		12.68	0.932	9	A	1		82.19	7.99		
Ash	-	1.96	0.173	9	A	1		12.71	1.24		
Carbohydrate, by difference		22.46		0	NC	4		145.57	14.15		
Fiber, total dietary		0.8	0.149	3	A	1		5.4	0.5		
Sugars, total		13.60	2.722	3	A	1		88.13	8.57		
Sucrose	g	12.30	2.196	3	A	1		79.70	7.75		
Glucose (dextrose)		0.63	0.285	3	A	1		4.10	0.40		
Fructose	g	0.67	0.318	3	A	1		4.32	0.42		
Lactose	g	0.00	0.000	3	A	1		0.00	0.00		
Maltose	g	0.00	0.000	3	A	1		0.00	0.00		
Galactose	g	0.00	0.000	3	A	1		0.00	0.00		
Starch		10.50	0.651	3	A	1		68.04	6.61		
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	14	1.056	9	A	1		88	9		
Iron, Fe		0.94	0.108	9	A	1		6.10	0.59		
Magnesium, Mg		20	1.233	9	A	1		126	12		
Phosphorus, P		130	9.432	9	A	1		842	82		
Potassium, K	-	209	12.325	9	A	1		1357	132		
Sodium, Na	_	553	60.892	9	A	1		3581	348		
Zinc, Zn		1.13	0.093	9	A	1 1		7.29	0.71		
Copper, Cu		0.042 0.087	0.002	9 9	A A	1		0.275 0.567	0.027 0.055		
Manganese, Mn Selenium, Se		17.1	1.267	3	A	1		110.6	10.8		
Vitamins:											
Vitamin C, total ascorbic acid	mq	0.9		2	A	1		6.0	0.6		
Thiamin	-	0.043	0.003	3	A	1		0.280	0.027		
Riboflavin	-	0.220	0.020	3	A	1		1.425	0.139		
Niacin	-	3.590	0.559	3	A	1		23.263	2.262		
Pantothenic acid	-	1.000		1	A	1		6.480	0.630		
Vitamin B-6	mg	0.230	0.021	3	A	1		1.488	0.145		
Folate, total	-	10	0.569	3	A	1		65	6		
Folic acid		0		0	Z	7		0	0		
Folate, food	µg	10	0.569	3	A	1		65	6		
Folate, DFE	µg	10		0	NC	4		65	6		
Choline, total	mg	66.1		0	AS	1		428.0	41.6		
Betaine		7.9		1	A	1		51.1	5.0		
Vitamin B-12		0.20	0.087	3	A	1		1.32	0.13		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		75		0	AS	1		485	47		
Retinol	µg	74		1	A	1		479	47		
Carotene, beta	µg	9		1	A	1		59	6		
Carotene, alpha	µg	0		1	A	1		0	0		
Cryptoxanthin, beta		3		1	A	1		18	2		
Vitamin A, IU		264		0	AS	1		1711	166		
Lycopene		25		1	A	1		162	16		
Lutein + zeaxanthin	µg	81		1	A	1		524	51		
Vitamin E (alpha-tocopherol)	mg	1.07	0.020	3	A	1		6.94	0.68		
Vitamin E, added	<u>mg</u>	0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		0.09	0.004	3	A	1		0.56	0.05		
Tocopherol, gamma		3.96	0.246	3	A	1		25.65	2.49		
Tocopherol, delta		1.70	0.095	3	A	1		11.01	1.07		
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00		
Tocotrienol, beta		0.00	0.000	3	A	1		0.00	0.00		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.00 0.000 0.00 0.00 Tocotrienol, gamma.....mg A 1 0.00 0.000 Tocotrienol, delta.....g 3 Α 1 0.00 0.00 Vitamin D (D2 + D3)......µg 0.1 BFZN 4 0.7 0.1 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 29 5 0 BFZN 3 4 Vitamin K (phylloquinone)......µg 24.4 0 BF7N 4 158.2 15.4 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 2.422 0 NC 4 15.694 1.526 0.000 0.000 0.000 3 Α 1 0.000 4:0.....g 0.000 0.000 3 А 1 0.000 0.000 0.005 0.000 0.030 0.003 8·0 a Α 1 0.005 0.001 3 1 0.030 0.003 10:0.....g 0.003 0.000 1 0.019 0.002 12:0.....g Α 13:0.....g 0.022 0.001 3 Α 1 0.144 0.014 14:0.....g 0.000 3 15:0.....g 0.004 Α 1 0.024 0.002 1,602 0.081 Α 1 10.379 1.009 0.000 17:0......g 0.012 3 Α 1 0.080 0.008 0.678 0.030 А 4.395 0.427 18:0......g 0.001 3 20:0.....g 0.039 Α 1 0.252 0.025 0.038 0.001 A 1 0.248 0.024 22:0.....g 0.001 3 24:0.....g 0.014 Α 1 0.092 0.009 Fatty acids, total monounsaturated......g 3.474 NC 22,510 2.189 0.001 14:1.....g 0.004 3 Α 1 0.026 0.002 0.000 0.000 3 А 1 0.000 0.000 0.019 16:1 undifferentiated......g 0.136 3 AS 1 0.881 0.086 0.019 16:1 c......g 0.136 Α 1 0.879 0.085 0.000 0.000 16:1 t.....g 0.000 3 Α 1 0.002 17:1.....g 0.007 0.000 3 А 1 0.045 0.004 0.095 3 3.284 21,280 2,069 18:1 undifferentiated......g AS 1 3.266 0.092 3 18:1 c.....g Α 1 21.161 2.057 0.018 0.003 3 1 Α 0.119 0.012 18:1-11 t (18:1t n-7).....g 0.043 0.002 3 0.278 0.027 20:1.....g Α 1 22:1 undifferentiated......g 0.000 0.000 0.000 0.000 3 AS 1 0.000 0.000 3 Α 1 0.000 0.000 22:1 c.....g 0.000 0.000 3 Α 1 0.000 0.000 22:1 t.....g 0.000 0.000 3 0.000 0.000 24:1 c......g Α 1 6.086 NC 4 39.439 3.834 Fatty acids, total polyunsaturated......g 0 5.329 0.035 1 3 AS 18:2 undifferentiated.....g 34.531 3.357 5.284 0.037 34.238 3.329 18:2 n-6 c,c.....g 3 Α 1 0.001 3 0.011 Α 1 0.071 0.007 18:2 t,t.....g 18:2 i......g 18:2 t not further defined.....g 0.034 0.003 3 Α 1 0.222 0.022 0.647 0.011 3 4.190 0.407 AS 1 18:3 n-3 c,c,c (ALA)......g 0.619 0.011 3 Α 1 4.009 0.390 0.028 0.001 Α 1 0.181 0.018 18:3 n-6 c,c,c.....g 18:3i.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 0.000 0.000 0.000 18:4.....g Α 1 0.001 20:2 n-6 c,c.....g 0.008 3 Α 1 0.054 0.005 20:3 undifferentiated.....g 0.010 0.001 3 AS 1 0.064 0.006 0.000 20:3 n-3.....g 0.000 3 A 1 0.000 0.000 0.010 0.001 Α 1 0.064 0.006 0.007 3 20:4 undifferentiated.....g 0.067 1 0.436 0.042 20:4 n-6.....g 0.001 0.000 3 Α 1 0.009 0.001 21:5.....g 0.002 3 0.016 0.103 0.010 22:4.....g Α 1 0.003 0.002 3 1 0.022 0.002 22:5 n-3 (DPA).....g Α

	<u>Am oun</u>	t in 100 gr Nun	am s ı be ı		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.	ofl Error Po				Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.005	0.001		A	1		0.030	0.003	
Fatty acids, total transg	0.053		0	NC	4		0.343	0.033	
Fatty acids, total trans-monoenoicg	0.019		0	NC	4		0.121	0.012	
Fatty acids, total trans-polyenoicg	0.034		0	NC	4		0.222	0.022	
Cholesterolmg	61	4.563	3	A	1		394	38	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.113		0	A	1		0.734	0.071	
Threonineg	0.576		0	A	1		3.734	0.363	
Isoleucineg	0.576		0	A	1		3.734	0.363	
Leucineg	1.001		0	A	1		6.488	0.631	
Lysineg	1.058		0	A	1		6.856	0.667	
Methionineg	0.340		0	A	1		2.204	0.214	
Cystineg	0.161		0	A	1		1.041	0.101	
Phenylalanineg	0.510		0	A	1		3.306	0.321	
Tyrosineg	0.321		0	A	1		2.081	0.202	
Valineg	0.614		0	A	1		3.978	0.387	
Arginineg	0.803		0	A	1		5.203	0.506	
Histidineg	0.359		0	A	1		2.325	0.226	
Alanineg	0.775		0	A	1		5.019	0.488	
Aspartic acidg	1.247		0	A	1		8.080	0.786	
Glutamic acidg	2.475		0	A	1		16.037	1.559	
Glycineg	0.614		0	A	1		3.978	0.387	
Prolineg	0.604		0	A	1		3.917	0.381	
Serineg	0.548		0	A	1		3.550	0.345	
Hydroxyprolineg	0.100		1	A	1		0.648	0.063	
Others:									
Alcohol, ethyl	0.0		0	z	7		0.0	0.0	
Caffeinemg	0		0	z	, 7		0	0	
Theobrominemg	0		0	Z	7		0	0	
THEODIOIHHE	•						•	•	

Common Measures:

Measure 1 = 648g: 1 order Measure 2 = 63g: 3 pieces

Footnotes:

1 Rice and broccoli were not included in analyses.

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	nt in 100 gr	Amount in edible portion of common measures of food						
			Num					nber		
						Source	Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:		40.00			_	_				
Water	-	42.80	2.481		A	1		234.10		
Energy		293		0	NC	4		1603		
Energy		1226		0	NC	4		6706		
Protein		14.33		12	A	1		78.37		
Total lipid (fat)		14.25	1.203	12	A	1		77.97		
Ash	-	1.74	0.137		A	1		9.53		
Carbohydrate, by difference		26.88		0	NC	4		147.04		
Fiber, total dietary		0.7		2	A	1		4.0		
Sugars, total		15.98		2	A	1		87.44		
Sucrose	g	11.79		2	A	1		64.52		
Glucose (dextrose)		2.18		2	A	1		11.95		
Fructose	g	2.01		2	A	1		10.97		
Lactose	g	0.00		2	A	1		0.00		
Maltose	g	0.00		2	A	1		0.00		
Galactose	g	0.00		2	A	1		0.00		
Starch		10.70		2	A	1		58.53		
Minerals:										
Calcium, Ca	<u>mg</u>	12	1.324	12	A	1		64		
Iron, Fe	mg	1.09	0.143	12	A	1		5.98		
Magnesium, Mg	mg	22	1.295	12	A	1		120		
Phosphorus, P	mg	130	8.366	12	A	1		712		
Potassium, K	mg	204	12.195	12	A	1		1115		
Sodium, Na	<u>mg</u>	482	56.055	12	A	1		2637		
Zinc, Zn	mg	0.91	0.110	12	A	1		4.97		
Copper, Cu		0.051	0.003	12	A	1		0.280		
Manganese, Mn		0.083	0.011	12	A	1		0.451		
Selenium, Se	µg	16.7		2	A	1		91.1		
Vitamins:	m a	1.0		0	BFSN	4		5.6		
Vitamin C, total ascorbic acid	_	0.040		2	BF SN A	1		0.219		
Thiamin	_				A A	1				
Riboflavin	_	0.225		2 2		1		1.230		
Niacin Pantothenic acid	_	3.960		2	A	_		21.661		
Vitamin B-6		0.267		2	A	1		1.463		
Folate, total	•	8		2	A	1		42		
Folic acid		0		0	Z	7		0		
		8		2	A	1		42		
Folate, food		Ω		0		4		42		
Folate, DFE Choline, total		73.3		0	NC BFSN	4		400.7		
Betaine	_	75.5		Ü	DIBIN	-		400.7		
Vitamin B-12		0.25		2	A	1		1.37		
Vitamin B-12Vitamin B-12, added		0.23		0	Z	7		0.00		
Vitamin A, RAE		83		0	NC	4		454		
Retinol		82		0	BFSN	4		449		
Carotene, beta	· -	10		0	BFSN	4		55		
Carotene, alpha		0		0	BFSN	4		0		
Cryptoxanthin, beta		3		0	BFSN	4		17		
Vitamin A, IU		293		0	NC	4		1602		
Lycopene		28		0	BFSN	4		152		
Lutein + zeaxanthin		90		0	BFSN	4		490		
Vitamin E (alpha-tocopherol)		1.31		2	A A	1		7.19		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.20		2	A	1		1.09		
Tocopherol, gamma		6.48		2	A	1		35.45		
Tocopherol, delta		2.65		2	A	1		14.52		
-		0.00		2	A	1		0.00		
Tocotrienol, alpha Tocotrienol, beta		0.00		2	A	1		0.00		

	Ar	Amount in 100 grams of edible portion						Amount in edible portion of common			
		ı		r			measures of food				
Nutrients and Units	Mean	Std. Error			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, gammam	g 0.0	00	2	A	1		0.00				
Tocotrienol, delta		00	2	A	1		0.00				
Vitamin D (D2 + D3)µ9	g 0.1	L	0	BFSN	4		0.7				
Vitamin D2 (ergocalciferol)µ9											
Vitamin D3 (cholecalciferol)µ9			•	200			0.5				
Vitamin D		1	0	BFSN BFSN	4 4		27 148.1				
Dihydrophylloquinone	•	-	v	DIBIN	-		140.1				
Menaquinone-4											
Lipids:											
Fatty acids, total saturated	2.4	110	0	NC	4		13.182				
4:0g	0.0	000 0.	000 11	A	1		0.000				
6:0g	0.0	000 0.	000 11	A	1		0.000				
8:0g			001 11	A	1		0.003				
10:0g			002 11	A	1		0.029				
12:0g	0.0	002 0.	001 11	A	1		0.013				
13:0g 14:0g	0.0	021 0.	001 11	A	1		0.114				
15:0g			000 11	A	1		0.025				
16:0	1.0		154 11	A	1		9.029				
17:0g	0.0	013 0.	001 11	A	1		0.071				
18:0g	0.6	532 0.	087 11	A	1		3.459				
20:0g	0.0	0.00	006 11	A	1		0.165				
22:0g			004 11	A	1		0.199				
24:0g			001 11	Α	1		0.075				
Fatty acids, total monounsaturated9		546 003 0.	0 000 11	NC A	4 1		19.398				
14:1g 15:1g			000 11	A	1		0.017 0.002				
16:1 undifferentiated			014 11	AS	1		0.616				
16:1 c			013 11	A	1		0.612				
16:1 tg	0.0	001 0.	000 11	A	1		0.004				
17:1g	0.0	007 0.	001 11	A	1		0.038				
18:1 undifferentiatedg			244 11	AS	1		18.279				
18:1 cg			243 11	A	1		18.202				
18:1 t	0.0	014 0.	002 11	A	1		0.077				
18:1-11 t (18:1t n-7)g 20:1	0 (076 0.	005 11	A	1		0.414				
22:1 undifferentiated			001 11	AS	1		0.027				
22:1 cg			001 11	A	1		0.013				
22:1 tg	0.0	003 0.	000 11	A	1		0.014				
24:1 cg	0.0	001 0.	001 11	A	1		0.005				
Fatty acids, total polyunsaturatedg		385	0	NC	4		37.659				
18:2 undifferentiated			684 11	AS	1		32.633				
18:2 n-6 c,c			680 11 002 11	A A	1 1		32.411 0.068				
18:2 CLAs	0.0) ₁₃ 0.	002 11	A	-		0.068				
18:2 i											
18:2 t not further defined	0.0	0.28	003 11	A	1		0.153				
18:3 undifferentiatedg	0.8	312 0.	103 11	AS	1		4.443				
18:3 n-3 c,c,c (ALA)			098 11	A	1		4.231				
18:3 n-6 c,c,cg			004 11	A	1		0.212				
18:3ig			000 11	A	1 1		0.000				
18:4g 20:2 n-6 c.cg			000 11 001 11	A A	1		0.002 0.050				
20:2 n-6 c,c			001 11	AS	1		0.050				
20:3 n-3			000 11	A	1		0.003				
20:3 n-6g			001 11	A	1		0.050				
20:4 undifferentiated	0.0	060 0.	004 11	A	1		0.329				
20:4 n-6g											
20:5 n-3 (EPA)	0.0	003 0.	001 11	A	1		0.018				
21:5g	^ -	114 ^	001 11		1		0 055				
22:4g 22:5 n-3 (DPA)g			001 11 000 11	A A	1 1		0.075 0.032				
22.5 II-5 (DI A)9	0.0		500 11	•	_		0.032				

	<u>Am our</u>	nt in 100 g	rams	of edi	Amount in edible portion of common				
		Nu	m be i	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std					Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.005	0.000	11	A	1		0.026		
Fatty acids, total transg	0.045		0	NC	4		0.248		
Fatty acids, total trans-monoenoicg	0.017		0	NC	4		0.095		
Fatty acids, total trans-polyenoicg	0.028		0	NC	4		0.153		
Cholesterolmg	59	6.393	3	A	1		325		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 547g: 1 order

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr	Amount in edible portion of common						
			Nun		measures of food					
						Source	Confidence	_		
Nutrients and Uni	ts	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	84.06	0.617	6	A	1		505.19		
Energy		78	0.017	0	NC	4		470		
Energy		327		0	NC	4		1965		
Protein		5.90	0.289	6	A	1		35.43		
Total lipid (fat)	-	4.05	0.545	12	A	1		24.36		
Ash	_	1.47	0.088	6	A	1		8.83		
Carbohydrate, by difference	_	4.52		0	NC	4		27.18		
Fiber, total dietary		1.4	0.031	6	A	1		8.5		
Sugars, total	g	2.16	0.182	6	A	1		12.98		
Sucrose	g	0.90	0.204	6	A	1		5.42		
Glucose (dextrose)	g	0.71	0.060	6	A	1		4.28		
Fructose	g	0.55	0.024	6	A	1		3.29		
Lactose		0.00	0.000	6	A	1		0.00		
Maltose	<u>g</u>	0.00	0.000	6	A	1		0.00		
Galactose		0.00	0.000	6	A	1		0.00		
Starch	g	1.53	0.141	6	A	1		9.22		
Minerals:		2.5			_	_				
Calcium, Ca		36 0.72	1.486 0.117		A A	1 1		215 4.35		
Iron, Fe		16	0.117		A	1		4.35 97		
Phosphorus, P	_	74	4.092		A	1		446		
Potassium, K		192		12	A	1		1151		
Sodium, Na		375	28.157		A	1		2251		
Zinc, Zn		0.49	0.023	12	A	1		2.93		
Copper, Cu		0.084	0.008	12	A	1		0.505		
Manganese, Mn	mg	0.158	0.012	12	A	1		0.949		
Selenium, Se	µg	5.6	0.867	3	A	1		33.5		
Vitamins:										
Vitamin C, total ascorbic acid	_	11.3	1.698	6	A	1		67.8		
Thiamin	_	0.030	0.005	6	A	1		0.180		
Riboflavin		0.033	0.004	6	A	1		0.200		
Niacin		0.935	0.063	6	A	1 1		5.619		
Pantothenic acid	•	0.323 0.125	0.009	3 6	A A	1		1.943 0.752		
Vitamin B-6 Folate, total		0.123	0.007	O	A	_		0.752		
Folate, DFE										
Choline, total		42.1		0	AS	1		253.1		
Betaine		28.0		1	A	1		168.4		
Vitamin B-12	µg	0.21	0.011	6	A	1		1.28		
Vitamin A, RAE	µg	66	14.945	3	A	1		397		
Vitamin A, IU		1320		3	A	1		7933		
Lycopene		6	5.610	3	A	1		34		
Lutein + zeaxanthin		330	33.623	3	A	1		1981		
Vitamin E (alpha-tocopherol)		0.99	0.103	3	A	1 1		5.97		
Tocopherol, damma	_	0.05 1.67	0.019 0.236	3 3	A A	1		0.30 10.03		
Tocopherol, gamma		0.54	0.236	3	A	1		3.24		
Tocopnerol, delta Tocotrienol, alpha		0.01	0.005	3	A	1		0.06		
Tocotrienol, appra		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.00	0.002	3	A	1		0.01		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg	52.0	6.075	3	A	1		312.5		
Dihydrophylloquinone										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.633 0 NC 3.806 4:0.....g 0.004 0.000 12 Α 1 0.021 6:0.....g 0.000 0.000 12 Α 0.000 0.000 12 0.002 8:0.....g Α 1 0.012 10:0.....g 0.003 0.002 12 Α 1 0.020 0.000 12 0.001 12:0.....g Α 1 0.006 13:0.....g 0.001 12 0.007 14:0.....g Α 1 0.039 0.003 0.000 12 1 Α 0.017 0.432 0.052 12 2,596 16:0.....g Α 1 17:0.....g 0.006 0.001 12 1 0.038 0.151 0.019 12 Α 1 0.906 18:0.....g 0.010 0.001 12 A 1 0.062 20:0.....g 0.010 0.002 12 Α 1 0.061 22:0.....g 0.004 0.001 12 0.026 24:0.....g А 1 NC 0.817 0 4 4.907 14:1.....g 0.000 0.000 12 Α 1 0.002 0.000 0.000 12 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.021 0.005 12 1 0.124 AS 0.020 0.005 12 А 1 16:1 c......g 0.120 0.001 0.000 12 Α 1 0.005 16:1 t.....g 0.003 0.000 12 0.018 17:1......g А 1 18:1 undifferentiated......g 0.772 0.105 12 AS 1 4.642 0.106 12 0.765 Α 1 4.596 18:1 c.....g 0.008 0.003 12 Α 1 0.046 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.003 12 0.018 Α 1 0.108 20:1.....g 0.001 12 0.002 AS 1 0.010 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.001 Α 1 0.006 0.001 0.000 12 1 0.004 22:1 t......g Α 0.000 12 0.001 Α 1 0.005 Fatty acids, total polyunsaturated......g 1.984 0 NC 11.924 0.234 12 18:2 undifferentiated......g 1.675 AS 1 10.065 1.657 0.232 12 A 1 9.959 18:2 n-6 c.c....g 0.001 12 18:2 CLAs......g 0.006 1 0.036 18:2 t,t.....g 18:2 i.....g 0.012 0.002 12 1 0.069 18:2 t not further defined......g 18:3 undifferentiated......g 0.036 12 0.255 1 1.534 AS 18:3 n-3 c,c,c (ALA)......g 0.255 0.036 12 A 1 1.533 0.000 0.000 12 0.001 18:3 n-6 c,c,c.....g Α 1 18:3i.....g 0.000 0.000 12 1 0.001 18:4.....g Α 0.004 0.000 12 A 1 0.023 20:2 n-6 c.c.....g 0.000 0.000 12 AS 0.003 20:3 undifferentiated.....g 1 0.000 0.000 12 A 1 0.002 20:3 n-3.....g 0.000 0.000 12 1 20:3 n-6.....g А 0.001 0.007 0.001 12 1 0.044 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.021 0.002 12 А 1 0.129 21:5.....g 0.000 0.000 12 0.003 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.002 0.000 12 А 0.009 0.001 12 0.019 22:6 n-3 (DHA)......g Α 1 0.114 0.021 NC 0 4 0.123 Fatty acids, total trans-monoenoic......g 0.009 0 NC 4 0.054 0.012 NC 0.069 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 36 2,622 6 1 215 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.059 1 0.354 Α 1 1.239 0.206 0 Α

	Amount in 1	00 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.216	0	A	1		1.297		
Leucineg	0.400	0	A	1		2.402		
Lysine	0.435	0	A	1		2.611		
Methionine9	0.152	0	A	1		0.915		
Cystineg	0.058	0	A	1		0.349		
Phenylalanineg	0.212	0	A	1		1.276		
Tyrosine	0.177	0	A	1		1.063		
Valineg	0.245	0	A	1		1.471		
-	0.469	0	A	1		2.818		
Arginine	0.119	0	A	1		0.715		
Alanineg	0.310	0	A	1		1.861		
	0.589	0		1		3.543		
Aspartic acid	1.207	0	A	1		7.254		
Glutamic acidg		•	A	1				
Glycineg	0.295	0	A	1		1.774		
Prolineg	0.249	0	A	1		1.496		
Serineg	0.222	0	A	1		1.335		
Hydroxyprolineg								

Common Measures:

Measure 1 = 601g: 1 order

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of sauce vary by restaurant. Most dishes analyzed included carrots and broccoli.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gr	ams	Amount in edible portion of common					
			Nun	nber					easures of fo	
						Source (Confidence			
Nutrients and	Units	Mean Sto	I. Error Po				Code	Measure 1	Measure 2	Measure :
_										
Proximates: Water	g	52.17	1.495	3	A	1		368.34	28.70	
Energy		250		0	NC	4		1763	137	
Energy		1045		0	NC	4		7378	575	
Protein		10.10	0.543	3	A	1		71.33	5.56	
Total lipid (fat)		12.65	1.516	7	A	1		89.31	6.96	
Ash		1.21	0.074	3	A	1		8.54	0.67	
Carbohydrate, by difference		23.86		0	NC	4		168.47	13.12	
Fiber, total dietary		1.0	0.033	3	A	1		6.8	0.5	
Sugars, total		11.47	1.740	3	A	1		80.98	6.31	
Sucrose		5.18	2.210	3	A	1		36.55	2.85	
Glucose (dextrose)		3.26	0.212	3	A	1		23.02	1.79	
		3.03	0.259	3	A	1		21.42	1.67	
Fructose		0.00	0.239	3	A	1		0.00	0.00	
Lactose		0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose		11.40	0.896	3	A	1		80.48	6.27	
Starcii	9	11.40	0.030	3		_		00.40	0.27	
Minerals:										
Calcium, Ca	mg	45	15.083	7	A	1		321	25	
Iron, Fe	mg	2.12	0.508	7	A	1		14.96	1.17	
Magnesium, Mg	mg	15	0.532	7	A	1		106	8	
Phosphorus, P	mg	135	26.049	7	A	1		952	74	
Potassium, K	mg	158	8.038	7	A	1		1113	87	
Sodium, Na	<u>mg</u>	246	29.970	7	A	1		1739	135	
Zinc, Zn	mg	0.42	0.059	7	A	1		2.99	0.23	
Copper, Cu	mg	0.039	0.004	7	A	1		0.275	0.021	
Manganese, Mn		0.152	0.027	7	A	1		1.075	0.084	
Selenium, Se	µg	11.5		2	A	1		81.2	6.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4	0.651	3	A	1		16.9	1.3	
Thiamin	mg	0.053	0.003	3	A	1		0.377	0.029	
Riboflavin	mg	0.043	0.003	3	A	1		0.306	0.024	
Niacin	mg	3.657	0.216	3	A	1		25.816	2.011	
Pantothenic acid	mg	0.560		1	A	1		3.954	0.308	
Vitamin B-6	mg	0.257	0.034	3	A	1		1.812	0.141	
Folate, total	µg	11		0	BFZN	4		78	6	
Folic acid	µg	5		0	BFZN	4		37	3	
Folate, food	µg	6		0	NC	4		41	3	
Folate, DFE	µg	15		0	NC	4		104	8	
Choline, total	mg	24.2		0	AS	1		171.0	13.3	
Betaine	mg	8.3		1	A	1		58.3	4.5	
Vitamin B-12	µg	0.09	0.015	3	A	1		0.64	0.05	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	18		0	AS	1		129	10	
Retinol	µg	3		2	A	1		21	2	
Carotene, beta	µg	138		1	A	1		973	76	
Carotene, alpha	µg	93		1	A	1		654	51	
Cryptoxanthin, beta	µg	0		1	A	1		0	0	
Vitamin A, IU	IU	317		0	AS	1		2236	174	
Lycopene	µg	134		1	A	1		943	73	
Lutein + zeaxanthin	µg	37		1	A	1		261	20	
Vitamin E (alpha-tocopherol)	mg	0.82		2	A	1		5.81	0.45	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.15		2	A	1		1.08	0.08	
Tocopherol, gamma		5.92		2	A	1		41.76	3.25	
Tocopherol, delta		2.39		2	A	1		16.91	1.32	
Tocotrienol, alpha		0.01		2	A	1		0.06	0.00	
Tocotrienol, beta		0.00		2	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.01 0.07 0.01 Tocotrienol, gamma.....mg 2 A 1 0.00 2 Tocotrienol, delta.....g Α 1 0.00 0.00 Vitamin D (D2 + D3)......µg 0.2 0 BFZN 4 1.3 0.1 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 0 BFZN 51 4 4 Vitamin K (phylloquinone)......µg 22.5 2 Α 1 159.2 12.4 Dihydrophylloquinone.....µg Menaquinone-4.....µg 2.4 2 Α 1 16.9 1.3 Lipids: Fatty acids, total saturated......g 1.933 0 NC 4 13.645 1.063 4:0.....g 0.002 0.000 7 0.017 0.001 Α 1 0.000 0.000 7 Α 1 0.000 0.000 0.004 0.001 0.029 7 1 0.002 Α 0.001 0.000 7 1 0.008 0.001 10:0.....g 0.001 0.000 1 0.009 0.001 12:0.....g Α 13:0.....g 0.013 0.002 7 0.090 0.007 1 Α 15:0.....g 0.003 0.000 7 Α 1 0.021 0.002 1.312 0.164 А 1 9.265 0.722 16:0......g 17:0......g 0.012 0.001 7 Α 1 0.084 0.007 0.507 0.067 3.577 0.279 1 Α 0.033 0.004 7 A 1 0.236 0.018 20:0.....g 0.032 0.004 A 1 0.229 0.018 22:0.....g 0.011 0.001 7 Α 1 0.080 0.006 Fatty acids, total monounsaturated......g 2.717 NC 19.179 1.494 14:1.....g 0.002 0.000 7 Α 1 0.012 0.001 15:1......g 0.000 0.000 Α 1 0.000 0.000 16:1 undifferentiated......g 0.049 0.009 AS 1 0.346 0.027 0.049 0.009 Α 1 0.343 0.027 0.000 7 16:1 t.....g 0.000 Α 1 0.003 0.000 0.009 0.001 Α 1 0.064 0.005 0.347 18:1 undifferentiated......g 2.594 AS 1 18.313 1.427 18:1 c.....g 2.561 0.334 7 A 1 18.080 1.408 0.033 0.024 7 1 0.233 0.018 18:1 t.....g 18:1-11 t (18:1t n-7).....g 0.054 0.007 7 0.378 0.029 20:1.....g Α 1 0.007 0.001 0.048 0.004 22:1 undifferentiated......g AS 0.001 0.004 7 Α 1 0.027 0.002 22:1 c.....g 0.003 0.000 7 22:1 t.....g Α 1 0.021 0.002 0.001 7 24:1 c.....g 0.003 Α 1 0.018 0.001 6.419 NC Fatty acids, total polyunsaturated......g 0 4 45.318 3.530 7 18:2 undifferentiated......g 5.595 0.720 AS 1 39.502 3.077 5.545 0.713 7 3.050 18:2 n-6 c,c.....g Α 1 39.148 0.002 18:2 CLAs.....g 0.010 Α 1 0.070 0.005 18:2 t,t.....g 18:2 i.....g 18:2 t not further defined......g 0.040 0.006 7 Α 1 0.284 0.022 0.772 0.100 5.452 0.425 18:3 undifferentiated......g AS 1 18:3 n-3 c,c,c (ALA)......g 0.771 0.100 7 А 1 5.443 0.424 0.001 0.000 А 1 0.009 0.001 18:3 n-6 c.c.c......g 18:3i.....g 0.000 0.000 0.000 0.000 18:4.....g Α 1 0.001 7 20:2 n-6 c,c.....g 0.007 Α 1 0.048 0.004 20:3 undifferentiated.....g 0.005 0.000 7 AS 1 0.036 0.003 0.000 20:3 n-3.....g 0.001 7 A 1 0.004 0.000 0.005 0.000 Α 1 0.032 0.003 0.002 7 20:4 undifferentiated.....g 0.024 Α 1 0.167 0.013 20:4 n-6.....g 0.003 0.001 7 Α 1 0.024 0.002 21:5.....g 0.046 0.007 0.000 7 0.004 22:4.....g Α 1 0.003 0.000 7 1 0.021 0.002 22:5 n-3 (DPA).....g Α

	<u>Am ou</u>	ınt in 100 <u>ç</u>	grams	of edi	Amount in edible portion of common				
		Nι	ımber	•			<u>m</u>	easures of foo	<u>od</u>
		0	f Data	Deriv	Source	Confidence			
N utrients and U nits	Mean St	d. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.003	0.00	0 7	A	1		0.018	0.001	
Fatty acids, total transg	0.077		0	NC	4		0.542	0.042	
Fatty acids, total trans-monoenoicg	0.036		0	NC	4		0.257	0.020	
Fatty acids, total trans-polyenoicg	0.040		0	NC	4		0.284	0.022	
Cholesterolmg	27	1.43	6 3	A	1		189	15	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.106		0	A	1		0.751	0.058	
Threonineg	0.394		0	A	1		2.778	0.216	
Isoleucineg	0.404		0	A	1		2.853	0.222	
Leucineg	0.734		0	A	1		5.181	0.404	
Lysineg	0.691		0	A	1		4.881	0.380	
Methionineg	0.234		0	A	1		1.652	0.129	
Cystineg	0.128		0	A	1		0.901	0.070	
Phenylalanineg	0.372		0	A	1		2.628	0.205	
Tyrosineg	0.255		0	A	1		1.802	0.140	
Valineg	0.425		0	A	1		3.004	0.234	
Arginineg	0.553		0	A	1		3.905	0.304	
Histidineg	0.287		0	A	1		2.027	0.158	
Alanineg	0.489		0	A	1		3.454	0.269	
Aspartic acidg	0.808		0	A	1		5.707	0.445	
Glutamic acidg	1.893		0	A	1		13.366	1.041	
Glycineg	0.394		0	A	1		2.778	0.216	
Prolineg	0.468		0	A	1		3.304	0.257	
Serineg	0.383		0	A	1		2.703	0.211	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 706g: 1 order Measure 2 = 55g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

Nutrients and Units	<u>Am ou</u>				Amount in edible portion of commo				
Proximates: Water. 9 Energy. kJ Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Minerals: 9 Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Magnesium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. µ9 Vitamins: Vitamin C, total ascorbic acid. mg Vitamin C, total ascorbic acid. mg Pantothenic acid. mg Vitamin B-6. </th <th></th> <th>Num</th> <th>nber</th> <th></th> <th></th> <th></th> <th></th> <th>easures of foo</th> <th></th>		Num	nber					easures of foo	
Proximates: Water. 9 Energy. kJ Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Winerals: 9 Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Magnesium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. µ9 Vitamins: Vitamin C, total ascorbic acid. mg Vitamin C, total ascorbic acid. mg Pantothenic acid. mg Vitamin B-6. </th <th></th> <th></th> <th></th> <th>Deriv</th> <th>Source Co</th> <th>nfidence</th> <th></th> <th></th> <th></th>				Deriv	Source Co	nfidence			
Water	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure
Water. 9 Energy. kJ Protein. 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Galactose. 9 Starch. 9 Galactose. 9 Starch. 9 Maltose. 9 Galactose. 9 Starch. 9 Maltose. 9 Galactose. 9 Maltose. 9 Galactose. 9 Maltose. 9 Galactose. 9 Maltose. 9 Galactose. 9 Maltose. 9									
Energy	50.84	1.463	6	A	1		309.64	21.35	
Energy	270		0	NC	4		1644	113	
Protein	1129		0	NC	4		6876	474	
Total lipid (fat)	8.91	0.817	6	A	1		54.24	3.74	
Ash	15.66	0.856	12	A	1		95.36	6.58	
Carbohydrate, by difference	1.25	0.105	6	A	1		7.60	0.52	
Fiber, total dietary	23.34	01200	0	NC	4		142.16	9.80	
Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: 9 Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, total µg Polate, pFE µg Choline, total mg Betaine mg Vitamin A, RAE µg Vitamin A, Ealupha-tocopherol	1.0	0.115	6	A	1		6.1	0.4	
Sucrose	10.34	0.604	6	A	1		62.95	4.34	
Glucose (dextrose)	4.47	0.891	6	A	1		27.23	1.88	
Fructose	3.01	0.424	6	A	1		18.33	1.26	
Lactose 9 Maltose 9 Galactose 9 Starch 9 Inorals: 8 Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Postassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Titamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, total µg Folate, total mg Betaine mg Vitamin B-12 µg Vitamin A, RAE µg Vitamin A, [U lu Lucin + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg <td>2.85</td> <td>0.429</td> <td>6</td> <td>A</td> <td>1</td> <td></td> <td>17.39</td> <td>1.20</td> <td></td>	2.85	0.429	6	A	1		17.39	1.20	
Maltose 9 Galactose 9 Starch 9 Inerals: Calcium, Ca mg Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Posassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, total mg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin A, RAE µg Vitamin A, iu µg Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg	0.00	0.000	6	A	1		0.00	0.00	
Galactose	0.00	0.000	6	A	1		0.00	0.00	
Starch	0.00	0.000	6	A	1		0.00	0.00	
Inerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocotrienol, alpha.	11.75	0.689	6	A	1		71.56	4.93	
Calcium, Ca mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. lu Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrieno	11.75	0.005	Ü	А	-		71.50	4.93	
Iron, Fe	46	5.498	12	A	1		280	19	
Magnesium, Mg	3.07	0.627		A	1		18.70	1.29	
Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg 'itamins: Witamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. lu Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, delta. mg	13		12	A	1		79	5	
Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg 'itamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, delta. mg Tocotrienol, delta. mg <td>133</td> <td>12.087</td> <td></td> <td>A</td> <td>1</td> <td></td> <td>809</td> <td>56</td> <td></td>	133	12.087		A	1		809	56	
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Yitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. µJ Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, delta. mg Tocotrienol, delta. mg	152		12	A	1		928	64	
Zinc, Zn	304	34.199	12	A	1		1853	128	
Manganese, Mn mg Selenium, Se µg (Itamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin A, RAE µg Vitamin A, IU JU Lycopene µg Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, delta mg Tocotrienol, delta mg	1.07	0.115	12	A	1		6.52	0.45	
Selenium, Se	0.060	0.003	12	A	1		0.368	0.025	
Vitamins: Witamin C, total ascorbic acid	0.173	0.029	12	A	1		1.054	0.073	
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. JU Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, delta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, delta. mg Tocotrienol, delta. mg	9.7	2.832	3	A	1		59.3	4.1	
Thiamin									
Riboflavin	2.3	0.645	6	A	1		14.1	1.0	
Niacin	0.235	0.045	6	A	1		1.431	0.099	
Pantothenic acid	0.103	0.014	6	A	1		0.629	0.043	
Vitamin B-6. mg Folate, total. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Vitamin A, IU. µ Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Tocotrienol, delta. mg Tocotrienol, delta. mg	2.112	0.260	6	A	1		12.860	0.887	
Folate, total.	0.443	0.047	3	A	1		2.700	0.186	
Folate, DFE	0.170	0.010	6	A	1		1.033	0.071	
Choline, total									
Betaine mg Vitamin B-12 µg Vitamin A, RAE µg Vitamin A, IU JU Lycopene µg Lutein + zeaxanthin µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg Tocotrienol, delta mg	32.5		0	AS	1		197.6	13.6	
Vitamin B-12	7.4		1	A	1		45.3	3.1	
Vitamin A, RAE. µg Vitamin A, IU. JU Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg Tocotrienol, delta. mg	0.19	0.024	6	A	1		1.18	0.08	
Vitamin A, IU	29	0.021	0	AS	1		176	12	
Lycopene. µg Lutein + zeaxanthin. µg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg	553		0	AS	1		3367	232	
Lutein + zeaxanthin	199	123.223	3	A	1		1215	84	
Vitamin E (alpha-tocopherol)	22	9.686	3	A	1		136	9	
Tocopherol, beta	0.89	0.454	3	A	1		5.39	0.37	
Tocopherol, gamma	0.06	0.022	3	A	1		0.37	0.03	
Tocopherol, delta. mg Tocotrienol, alpha. mg Tocotrienol, beta. mg Tocotrienol, gamma. mg Tocotrienol, delta. mg	3.27	1.371	3	A	1		19.94	1.38	
Tocotrienol, alpha mg Tocotrienol, beta mg Tocotrienol, gamma mg Tocotrienol, delta mg	1.28	0.496	3	A	1		7.77	0.54	
Tocotrienol, betamg Tocotrienol, gammamg Tocotrienol, deltamg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gammamg Tocotrienol, deltamg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, deltamg	0.01	0.005	3	A	1		0.03	0.00	
	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)µg									
Vitamin D2 (ergocalciferol)µg									
Vitamin D3 (cholecalciferol)µg									
Vitamin DIU									
Vitamin K (phylloquinone)µg	27.9	3.141	3	A	1		169.6	11.7	
Dihydrophylloquinoneµg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.680 0 NC 16.320 1.125 4:0.....g 0.003 0.000 12 Α 1 0.021 0.001 6:0.....g 0.000 0.000 12 Α 0.001 0.000 0.001 12 0.006 0.034 0.002 8:0.....g Α 1 10:0.....g 0.005 0.001 12 Α 1 0.030 0.002 0.000 12 0.003 0.019 0.001 12:0.....g Α 1 13:0.....g 0.007 12 0.042 0.256 0.018 14:0.....g Α 1 0.004 0.000 12 1 0.002 Α 0.024 1.794 0.117 12 10.923 0.753 16:0.....g Α 1 17:0.....g 0.018 0.001 12 1 0.110 0.008 0.719 0.050 12 4.378 0.302 Α 1 18:0.....g 0.039 0.002 12 А 1 0.236 0.016 0.035 0.003 12 Α 1 0.215 0.015 22:0.....g 0.012 0.001 12 0.074 0.005 24:0.....g А 1 0 NC 3.527 4 21,478 1.481 14:1.....g 0.002 0.001 12 Α 1 0.010 0.001 0.000 0.000 12 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.074 0.010 12 1 0.453 0.031 AS 0.074 0.010 12 Α 1 0.449 0.031 16:1 c......g 0.001 0.000 12 Α 1 0.004 0.000 16:1 t.....g 0.015 0.001 12 0.092 0.006 1 17:1......g Α 18:1 undifferentiated......g 3.354 0.216 12 AS 1 20.423 1.409 3.323 0.210 12 20.239 1.396 Α 1 18:1 c.....g 0.030 0.016 12 Α 1 0.185 0.013 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.007 12 0.072 Α 1 0.438 0.030 20:1.....g 0.001 12 0.007 AS 1 0.044 0.003 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.004 Α 1 0.023 0.002 0.003 0.000 12 1 0.021 0.001 22:1 t......g Α 0.000 12 0.003 Α 1 0.018 0.001 Fatty acids, total polyunsaturated.....g 7.116 0 NC 4 43.335 2.989 0.365 12 18:2 undifferentiated......g 6.271 AS 1 38.188 2.634 6.205 0.360 12 A 1 37.786 2.606 18:2 n-6 c.c....g 0.001 12 18:2 CLAs......g 0.014 1 0.083 0.006 18:2 t,t.....g 18:2 i.....g 0.052 0.005 12 1 0.319 0.022 18:2 t not further defined......g 18:3 undifferentiated......g 0.085 12 0.787 0.330 1 4.791 AS 18:3 n-3 c,c,c (ALA)......g 0.785 0.085 12 A 1 4.783 0.330 0.000 12 0.001 1 0.007 0.000 18:3 n-6 c,c,c.....g Α 18:3i.....g 0.000 0.000 12 1 0.001 0.000 18:4.....g Α 0.013 0.001 12 Α 1 0.082 0.006 20:2 n-6 c.c.....g 0.006 0.001 12 AS 0.037 0.003 20:3 undifferentiated.....g 1 0.002 0.000 12 A 1 0.012 0.001 20:3 n-3.....g 0.004 0.000 12 1 20:3 n-6.....g А 0.025 0.002 0.025 0.003 12 1 0.151 0.010 Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.004 0.000 12 А 1 0.023 0.002 21:5......a 0.005 0.001 12 0.029 0.002 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.003 0.000 12 А 1 0.020 0.001 0.002 0.000 12 0.001 22:6 n-3 (DHA)......g Α 1 0.012 0.087 NC 0 4 0.529 0.036 NC Fatty acids, total trans-monoenoic......g 0.034 0 4 0.210 0.014 0.052 NC 0.319 0.022 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 24 2,662 6 Α 1 147 10 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.104 1 0.632 0.044 Α 1 2.316 0.380 0 Α 0.160

	Amount in 1		Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro		Deriv		Confidence Code		Measure 2	Measure 3
				_				
Isoleucineg	0.384	0	A	1		2.340	0.161	
Leucineg	0.720	0	A	1		4.388	0.303	
Lysineg	0.675	0	A	1		4.111	0.284	
Methionineg	0.211	0	A	1		1.284	0.089	
Cystineg	0.113	0	A	1		0.685	0.047	
Phenylalanineg	0.350	0	A	1		2.134	0.147	
Tyrosineg	0.258	0	A	1		1.571	0.108	
Valineg	0.419	0	A	1		2.549	0.176	
Arginineg	0.549	0	A	1		3.342	0.231	
Histidineg	0.293	0	A	1		1.783	0.123	
Alanineg	0.482	0	A	1		2.933	0.202	
Aspartic acidg	0.781	0	A	1		4.755	0.328	
Glutamic acidg	1.921	0	A	1		11.698	0.807	
Glycineg	0.406	0	A	1		2.476	0.171	
Prolineg	0.457	0	A	1		2.782	0.192	
Serine	0.388	0	A	1		2.361	0.163	
Hydroxyprolineg								

Common Measures:

Measure 1 = 609g: 1 order

Measure 2 = 42g: 3 pieces

Footnotes:

- 1 Rice was not included in analyses.
- 2 Ingredients and amount of breading and sauce vary by restaurant.

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

NDB No. 36624 Restaurant, Chinese, vegetable chow mein, without meat or noodles (1, 2)

		Amour	<u>it in 100 gr</u>	am s	of edi	ble porti	<u>on</u>	Amount in edible portion of commor			
			Nun	nber	•				easures of fo		
			of	Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean Std	.Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:	_					_					
Water	-	90.08	0.609	10	A	1		699.94	175.66		
Energy		43		0	NC	4		337	85		
Energy		182		0	NC	4		1414	355		
Protein		1.34	0.066	10	A	1		10.39	2.61		
Total lipid (fat)		1.68	0.361	10	A	1		13.03	3.27		
Ash	-	1.16	0.068	10	A	1		9.03	2.27		
Carbohydrate, by difference		5.74		0	NC	4		44.61	11.19		
Fiber, total dietary		1.2	0.180	3	A	1		9.5	2.4		
Sugars, total		2.63	0.371	3	A	1		20.46	5.13		
Sucrose	g	1.23	0.291	3	A	1		9.58	2.40		
Glucose (dextrose)		0.70	0.058	3	A	1		5.44	1.36		
Fructose	g	0.70	0.058	3	A	1		5.44	1.36		
Lactose	g	0.00	0.000	3	A	1		0.00	0.00		
Maltose	g	0.00	0.000	3	A	1		0.00	0.00		
Galactose	g	0.00	0.000	3	A	1		0.00	0.00		
Starch		1.27	0.406	3	A	1		9.84	2.47		
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	25	1.953	10	A	1		197	50		
Iron, Fe	_	0.42	0.044	10	A	1		3.29	0.83		
Magnesium, Mg	mg	9	0.693	10	A	1		71	18		
Phosphorus, P		30	1.045	10	A	1		237	59		
Potassium, K		136	4.931	10	A	1		1059	266		
Sodium, Na		344		10	A	1		2671	670		
Zinc, Zn		0.19	0.009	10	A	1		1.51	0.38		
Copper, Cu		0.032	0.002	10	A	1		0.246	0.062		
Manganese, Mn Selenium, Se		0.112 0.4	0.007	10 3	A A	1 1		0.870 3.5	0.218 0.9		
		0.1	0.000	5		-		3.3	0.5		
Vitamins: Vitamin C, total ascorbic acid	ma	7.2	1.929	3	А	1		55.9	14.0		
Thiamin	_	0.020	0.000	3	A	1		0.155	0.039		
Riboflavin	_	0.020	0.000	3	A	1		0.763	0.192		
Niacin	_	0.507	0.029	3	A	1		3.937	0.192		
Pantothenic acid	_	0.230	0.029	2	A	1		1.787	0.449		
Vitamin B-6		0.086	0.003	3	A	1		0.666	0.167		
Folate, total	_	40	4.101	3	A	1		313	79		
Folic acid		0	4.101	0	Z	7		0	0		
Folate, food		40	4.101		A	1		313	79		
		40	4.101	0	NC	4		313			
Folate, DFE Choline, total		15.8		0	AS	1		122.9	79 30.8		
Betaine	_	1.3		1	A	1		10.1	2.5		
Vitamin B-12	_	0.00		0	Z	7		0.00	0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
		13		0	AS	1		105	26		
Vitamin A, RAE Retinol		0		0	AS Z	7		0	0		
Carotene, beta		148	56.745	3	A	1		1148	288		
Carotene, alpha		28	16.080	3	A	1		218	55		
Cryptoxanthin, beta		0	0.000	3	A	1		0	0		
Vitamin A, IU		270	3.000	0	AS	1		2095	526		
Lycopene		0	0.000	3	A	1		0	0		
Lutein + zeaxanthin		178	50.929	3	A	1		1381	347		
Vitamin E (alpha-tocopherol)		0.50	0.114	3	A	1		3.87	0.97		
Vitamin E (alpha-tocopheror)		0.00	V.114	0	Z	7		0.00	0.00		
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00		
=		0.86	0.228	3	A	1		6.69	1.68		
Tocopherol, gamma		0.86	0.228	3	A	1		2.25	0.56		
Tocopherol, delta		0.29		3	A	1		0.00	0.56		
Tocotrienol, alpha	mg	0.00	0.000	3	A A	1		0.00	0.00		

	Amount in 100 grams of edible portion Number						<u>on</u>		edible portion of easures of foo	
Nutrients and Units	Mean	Std. Erro				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0		0.000	3	A	1		0.00	0.00	
Tocotrienol, deltamg	0.0		0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)	0.0)		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg										
Vitamin D. (cholecalchelor)pg	0			0	FLA	4		0	0	
Vitamin K (phylloquinone)	18.9)		0	FLA	4		146.6	36.8	
Dihydrophylloquinoneµg										
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	0.2	93		0	NC	4		2.276	0.571	
4:0g	0.0		0.000	3	A	1		0.000	0.000	
6:0g	0.0		0.000	3	A	1		0.000	0.000	
8:0g	0.0		0.000	3	A -	1		0.000	0.000	
10:0g 12:0g	0.0		0.000	3	A A	1 1		0.000	0.000	
13:0g	0.0	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	.000	3	A	_		0.000	0.000	
14:0	0.0	02 (0.000	3	A	1		0.016	0.004	
15:0g	0.0		0.000	3	A	1		0.008	0.002	
16:0g	0.1	.90 (0.044	3	A	1		1.473	0.370	
17:0g	0.0	02 (.001	3	A	1		0.016	0.004	
18:0g	0.0	82 (0.023	3	A	1		0.637	0.160	
20:0g	0.0		0.002	3	A	1		0.051	0.013	
22:0g	0.0		0.001	3	A	1		0.048	0.012	
24:0g	0.0		0.001	3	A	1		0.028	0.007	
Fatty acids, total monounsaturatedg 14:1g	0.4 0.0		0.000	0 3	NC A	4 1		3.193 0.000	0.801 0.000	
14:1g 15:1g	0.0		0.000	3	A	1		0.000	0.000	
16:1 undifferentiated	0.0		0.001	3	AS	1		0.026	0.006	
16:1 cg	0.0		0.001	3	A	1		0.026	0.006	
16:1 tg	0.0		0.000	3	A	1		0.000	0.000	
17:1g	0.0	01 (0.000	3	A	1		0.010	0.003	
18:1 undifferentiatedg	0.4	.02 (.115	3	AS	1		3.124	0.784	
18:1 cg	0.4		.114	3	A	1		3.113	0.781	
18:1 tg	0.0	01 (0.000	3	A	1		0.010	0.003	
18:1-11 t (18:1t n-7)g	0.0	.04	0.001	3	A	1		0.034	0.008	
20:1	0.0		0.001	3	AS	1		0.000	0.000	
22:1 cg	0.0		0.000	3	A	1		0.000	0.000	
22:1 tg	0.0		0.000	3	A	1		0.000	0.000	
24:1 cg	0.0	00 0	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated	0.9	21		0	NC	4		7.155	1.796	
18:2 undifferentiatedg	0.7		.220	3	AS	1		6.119	1.536	
18:2 n-6 c,cg	0.7		.219	3	A	1		6.086	1.527	
18:2 CLAsg	0.0	01 (0.000	3	A	1		0.005	0.001	
18:2 t,tg 18:2 ig										
18:2 t not further definedg	0.0	04 (0.001	3	A	1		0.028	0.007	
18:3 undifferentiatedg	0.1		0.031	3	AS	1		1.033	0.259	
18:3 n-3 c,c,c (ALA)g	0.1		0.030	3	A	1		1.002	0.251	
18:3 n-6 c,c,cg	0.0	04 (.001	3	A	1		0.031	0.008	
18:3ig	0.0	00 0	0.000	3	A	1		0.000	0.000	
18:4g	0.0		0.000	3	A	1		0.000	0.000	
20:2 n-6 c,cg	0.0		0.000	3	A	1		0.003	0.001	
20:3 undifferentiated	0.0		0.000	3	AS	1		0.000	0.000	
20:3 n-3g	0.0		0.000	3	A A	1 1		0.000	0.000 0.000	
20:3 n-6g 20:4 undifferentiatedg	0.0		0.000	3	A	1		0.000	0.000	
20:4 undifferentiated		`		-		_		2.000	2.000	
20:5 n-3 (EPA)g	0.0	00 0	0.000	3	A	1		0.000	0.000	
21:5g										
22:4g	0.0		0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)g	0.0	00 (0.000	3	A	1		0.000	0.000	

	<u>Am oun</u>	t in 100 grams	of edi	Amount in edible portion of common					
		Num be	r			<u>m</u>	measures of food		
Nutrients and Units	Mean Std	of Data . Error Points		Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.000	0.000 3	A	1		0.000	0.000		
Fatty acids, total transg	0.005	0	NC	4		0.039	0.010		
Fatty acids, total trans-monoenoicg	0.001	0	NC	4		0.010	0.003		
Fatty acids, total trans-polyenoicg	0.004	0	NC	4		0.028	0.007		
Cholesterolmg	0	0	Z	7		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	z	7		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

Common Measures:

Measure 1 = 777g: 1 order

Measure 2 = 195g: 1 cup

Footnotes:

- 1 Rice was not included in the analyses.
- Ingredients and amount of sauce vary by restaurant. May include celery, onion, carrots, broccoli, snow peas, mushroom, baby corn, bamboo shoots and/or other vegetables.

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amou	nt in 100 gr	ams	of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Nun	nber	•				easures of fo	
			of	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	71.33	0.897		Α	1		528.54	97.01	
Energy		121		0	NC	4		896	164	
Energy		506		0	NC	4		3749	688	
Protein		4.77	0.151		A	1		35.35	6.49	
Total lipid (fat)		2.35	0.175	12	A	1		17.43	3.20	
Ash	-	1.39	0.052		A	1		10.31	1.89	
Carbohydrate, by difference		20.16		0	NC	4		149.37	27.41	
Fiber, total dietary	g	1.3	0.038	3	A	1		9.4	1.7	
Sugars, total		2.63	0.291	3	A	1		19.51	3.58	
Sucrose	g	1.63	0.273	3	A	1		12.10	2.22	
Glucose (dextrose)	g	0.37	0.033	3	A	1		2.72	0.50	
Fructose	g	0.33	0.033	3	A	1		2.47	0.45	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose		0.30	0.058	3	A	1		2.22	0.41	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch		16.73	0.817	3	A	1		123.99	22.76	
Minerals:										
Calcium, Ca	mg	21	1.304	12	A	1		155	28	
Iron, Fe	mg	1.07	0.177	12	A	1		7.90	1.45	
Magnesium, Mg	mg	14	0.608	12	A	1		107	20	
Phosphorus, P	mg	45	1.702	12	A	1		334	61	
Potassium, K	mg	105	4.037	12	A	1		781	143	
Sodium, Na	<u>mg</u>	430	18.058	12	A	1		3184	584	
Zinc, Zn	mg	0.36	0.013	12	A	1		2.66	0.49	
Copper, Cu		0.064	0.003	12	A	1		0.476	0.087	
Manganese, Mn		0.240	0.022	12	A	1		1.781	0.327	
Selenium, Se	µg	11.7	2.550	3	A	1		86.7	15.9	
Vitamins:		1.5	0.636	_	_	-		10.0		
Vitamin C, total ascorbic acid	_	1.7	0.636	3	A	1 1		12.8	2.4	
Thiamin	_	0.047	0.009	3	A A	1		0.345	0.063	
Riboflavin	_	0.124	0.024			1		0.919	0.169	
Niacin Pantothenic acid	_	0.810 0.270	0.227	3 1	A A	1		6.001	1.101 0.367	
Vitamin B-6		0.270	0.006	3	A	1		2.001 0.501	0.367	
	_	28	9.745	3	A	1		206	38	
Folic acid		0	9.745	0	Z	7		0	0	
		28	9.745		A	1		206	38	
Folate, food		20	3.743	0		4				
Choline, total		8.9		0	NC AS	1		206 66.1	38 12.1	
Betaine	_	9.4		1	AS A	1		69.9	12.1	
Vitamin B-12	_	0.00		0	Z	7		0.00	0.00	
Vitamin B-12 Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin B-12, addedVitamin A, RAE		9		0	AS	1		66	12	
Retinol		0		0	AS Z	7		0	0	
Carotene, beta		97	18.153	3	A	1		719	132	
Carotene, alpha		21	6.498	3	A	1		155	29	
Cryptoxanthin, beta		0	0.000	3	A	1		0	0	
Vitamin A, IU		179	3.000	0	AS	1		1328	244	
Lycopene		3	3.303	3	A	1		24	4	
Lutein + zeaxanthin		112	10.659	3	A	1		828	152	
Vitamin E (alpha-tocopherol)		0.30	0.013	3	A	1		2.26	0.41	
Vitamin E (alpha-tocopheror)		0.00	3.013	0	Z	7		0.00	0.00	
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma		0.80	0.000	3	A	1		5.93	1.09	
Tocopherol, delta		0.30	0.219	3	A	1		2.21	0.41	
-		0.00	0.009	3	A	1		0.00	0.41	
Tocotrienol, alpha Tocotrienol, beta		0.00	0.010	3	A	1		0.50	0.09	

	Amount in 100 grams of edible portion Number								dible portion of	
						Source	Confidence	<u></u>	<u> </u>	<u>.u</u>
Nutrients and Units	Mean	Std. Erro				Code	Code	Measure 1	Measure 2	Measure 3
										_
Tocotrienol, gammamg	0.0		0.000	3 3	A A	1 1		0.00	0.00	
Tocotrienol, deltamg Vitamin D (D2 + D3)µg	0.0		.000	0	FLA	4		0.00 0.6	0.00 0.1	
Vitamin D2 (ergocalciferol)µg	0.1	-		Ü	LUA	-		0.0	0.1	
Vitamin D3 (cholecalciferol)µg										
Vitamin D	4			0	FLA	4		26	5	
Vitamin K (phylloquinone)µg	12.7	7		0	FLA	4		93.8	17.2	
Dihydrophylloquinone										
Menaquinone-4Ug										
<u>Lipids:</u>										
Fatty acids, total saturated	0.4			0	NC	4		3.439	0.631	
4:0g	0.0		0.000	3	A	1 1		0.000	0.000	
6:0g 8:0g	0.0		0.000	3 3	A A	1		0.000	0.000	
10:0g	0.0		0.000	3	A	1		0.000	0.000	
12:0g	0.0		0.000	3	A	1		0.000	0.000	
13:0g										
14:0g	0.0	003 (0.000	3	A	1		0.025	0.005	
15:0g	0.0		0.000	3	A	1		0.007	0.001	
16:0g	0.3		0.046	3	A	1		2.430	0.446	
17:0g 18:0g	0.0		0.000	3 3	A A	1 1		0.017 0.820	0.003 0.150	
20:0g	0.0		0.001	3	A	1		0.057	0.130	
22:0g	0.0		0.001	3	A	1		0.057	0.010	
24:0g	0.0	004 (0.000	3	A	1		0.027	0.005	
Fatty acids, total monounsaturatedg	0.5	592		0	NC	4		4.386	0.805	
14:1g	0.0		0.000	3	A	1		0.000	0.000	
15:1g	0.0		0.000	3	A	1		0.000	0.000	
16:1 undifferentiated	0.0		0.002	3 3	AS A	1 1		0.049	0.009	
16:1 cg	0.0		0.002	3	A	1		0.049 0.000	0.009 0.000	
17:1g	0.0		0.000	3	A	1		0.010	0.002	
18:1 undifferentiatedg	0.5	575 (0.091	3	AS	1		4.263	0.782	
18:1 cg	0.5	573 (0.091	3	A	1		4.245	0.779	
18:1 tg	0.0	002 (0.000	3	A	1		0.017	0.003	
18:1-11 t (18:1t n-7)g				_	_	_				
20:1	0.0		0.001	3 3	A AS	1 1		0.062 0.002	0.011 0.000	
22:1 cg	0.0		0.000	3	AS	1		0.002	0.000	
22:1 tg	0.0		0.000	3	A	1		0.000	0.000	
24:1 cg	0.0		0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated	1.2	291		0	NC	4		9.563	1.755	
18:2 undifferentiatedg	1.1		.218	3	AS	1		8.459	1.553	
18:2 n-6 c,cg	1.1		218	3	A	1		8.403	1.542	
18:2 CLAs	0.0	002 (0.001	3	A	1		0.015	0.003	
18:2 i,g										
18:2 t not further definedg	0.0	006 (0.001	3	A	1		0.041	0.008	
18:3 undifferentiatedg	0.1	L45 (0.027	3	AS	1		1.074	0.197	
18:3 n-3 c,c,c (ALA)g	0.1	L41 (0.026	3	A	1		1.047	0.192	
18:3 n-6 c,c,cg	0.0		0.002	3	A	1		0.027	0.005	
18:3ig	0.0		0.000	3	A	1		0.000	0.000	
18:4g 20:2 n-6 c.cg	0.0		0.000	3 3	A A	1 1		0.000 0.007	0.000 0.001	
20:2 n-o c,c	0.0		0.000	3	AS	1		0.007	0.001	
20:3 n-3g	0.0		0.000	3	A	1		0.000	0.000	
20:3 n-6g	0.0		0.000	3	A	1		0.000	0.000	
20:4 undifferentiatedg	0.0	002 (0.001	3	A	1		0.012	0.002	
20:4 n-6g				_	_	_				
20:5 n-3 (EPA)g	0.0	טטט (0.000	3	A	1		0.000	0.000	
21:5g 22:4g	0.0	001	0.001	3	A	1		0.007	0.001	
22:5 n-3 (DPA)g	0.0		0.000		A	1		0.000	0.000	
, , y										

	<u>Am oun</u>	t in 100 gra	ms of	Amount in edible portion of common				
		Num	ber			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std.				Source Confidence Code Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	3	A	1	0.002	0.000	
Fatty acids, total transg	0.008		0 1	NC	4	0.059	0.011	
Fatty acids, total trans-monoenoicg	0.002		0 1	NC	4	0.017	0.003	
Fatty acids, total trans-polyenoicg	0.006		0 1	NC	4	0.041	0.008	
Cholesterolmg	0		0	Z	7	0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	Z	7	0.0	0.0	
Caffeinemg	0		0	Z	7	0	0	
Theobrominemg	0		0	Z	7	0	0	

Common Measures:

Measure 1 = 741g: 1 order Measure 2 = 136g: 1 cup

Footnotes:

1 Type and proportion of ingredients vary by restaurant.

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gı	rams	of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Nur	n be	r			<u>m</u>	easures of fo	<u>od</u>
						Source	Confidence			
Nutrients and Unit		Maan Ct	d.Error Po				Code	Manaura 1	Magaura 2	Magaura
Nutrients and Onn	is .	Mean Sto	a. Error	Jiiita	Oouc	Oouc	Oode	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.29	0.652	12	A	1		287.32		
Energy	_	154		0	NC	4		656		
Energy		642		0	NC	4		2741		
Protein		7.07	0.314	12	A	1		30.18		
Total lipid (fat)		5.70	0.186	12	A	1		24.33		
Ash		1.45	0.049	12	A	1		6.20		
Carbohydrate, by difference	-	18.50		0	NC	4		78.97		
Fiber, total dietary		1.2	0.127	6	A	1		5.3		
Sugars, total		4.50	0.190	6	A	1		19.21		
Sucrose		0.00	0.000	6	А	1		0.00		
Glucose (dextrose)		1.02	0.071	6	A	1		4.36		
Fructose		0.90	0.071		A	1		3.85		
Lactose	g	2.34	0.212		A	1		9.99		
Maltose		0.24	0.108		A	1		1.01		
Galactose		0.00	0.000	6	A	1		0.00		
Starch		12.67	0.713		A	1		54.09		
Starcii	9	12.07	0.713	ŭ		_		31.03		
Minerals:_										
Calcium, Ca	<u>mg</u>	120	4.549	12	A	1		513		
Iron, Fe	mg	0.82	0.064	12	A	1		3.50		
Magnesium, Mg	mg	22	0.501	12	A	1		93		
Phosphorus, P	<u>mg</u>	121	4.190	12	A	1		519		
Potassium, K	<u>mg</u>	195	5.803	12	A	1		831		
Sodium, Na	<u>mg</u>	306	16.518	12	A	1		1308		
Zinc, Zn	mg	0.74	0.022	12	A	1		3.16		
Copper, Cu		0.086	0.004	12	A	1		0.365		
Manganese, Mn	mg	0.187	0.006	12	A	1		0.797		
Selenium, Se	µg	20.4	0.771	6	A	1		87.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.102	0.022	6	A	1		0.434		
Riboflavin		0.203	0.016		A	1		0.868		
Niacin	-	1.328	0.199		A	1		5.672		
Pantothenic acid		0.470	0.023		A	1		2.007		
Vitamin B-6		0.090	0.006		A	1		0.384		
Folate, total	•	28	10.304		A	1		118		
Folate, DFE				-		_				
Choline, total										
Betaine										
Vitamin B-12		0.36	0.038	6	A	1		1.54		
Vitamin A, RAE		53	0.000	0	AS	1		226		
Vitamin A, IU		413		0	AS	1		1764		
Lycopene		1885	325.097		A	1		8047		
Lutein + zeaxanthin		105	10.583		A	1		447		
Vitamin E (alpha-tocopherol)		0.47	0.095		A	1		1.99		
Tocopherol, beta		0.00	0.000		A	1		0.00		
Tocopherol, gamma		0.47	0.275		A	1		1.99		
Tocopherol, delta		0.00	0.000		A	1		0.00		
Tocotrienol, alpha		0.01	0.015		A	1		0.06		
Tocotrienol, beta		0.13	0.057		A	1		0.54		
Tocotrienol, gamma	-	0.00	0.000		A	1		0.00		
Tocotrienol, delta		0.00	0.000		A	1		0.00		
Vitamin D (D2 + D3)		3.00	0.000	-	Α	-		0.00		
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)										
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)										
Vitamin D3 (cnolecalciferol)										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.556 0 NC 10.915 4:0.....g 0.084 0.002 12 Α 1 0.359 6:0.....g 0.067 0.002 12 Α 0.285 0.002 12 0.043 8:0.....g Α 1 0.182 10:0.....g 0.110 0.005 12 Α 1 0.472 0.004 12 0.119 12:0.....g Α 1 0.508 13:0.....g 0.013 12 0.386 14:0.....g Α 1 1.648 0.042 0.001 12 1 Α 0.178 1.235 0.039 12 5,273 16:0.....g Α 1 17:0.....g 0.026 0.001 12 1 0.110 0.430 0.016 12 Α 1 1.835 18:0.....g 0.009 0.001 12 А 1 20:0.....g 0.039 0.004 0.000 12 Α 1 0.017 22:0.....g 0.002 0.000 12 0.010 24:0.....g Α 1 NC 1.733 0 4 7,401 14:1.....g 0.037 0.001 12 Α 1 0.156 0.000 0.000 12 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.078 0.003 12 1 0.335 AS 0.066 0.003 12 А 1 0.281 16:1 c.....g 0.013 0.001 12 Α 1 0.054 16:1 t.....g 0.009 0.000 12 0.037 17:1.....g А 1 18:1 undifferentiated......g 1.423 0.077 12 AS 1 6.078 1.338 0.074 12 Α 1 5.714 18:1 c.....g 0.085 0.003 12 Α 1 0.363 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.001 12 0.012 Α 1 0.052 20:1.....g 0.000 12 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 12 1 0.000 22:1 t......g Α 0.000 12 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.560 0 NC 2.390 0.032 12 18:2 undifferentiated......g 0.446 AS 1 1.905 0.401 0.032 12 A 1 1.711 18:2 n-6 c.c....g 0.001 12 18:2 CLAs......g 0.020 1 0.084 18:2 t,t.....g 18:2 i.....g 0.026 0.001 12 1 0.109 18:2 t not further defined......g 18:3 undifferentiated......g 0.004 12 0.056 1 0.238 AS 18:3 n-3 c,c,c (ALA)......g 0.055 0.004 12 A 1 0.234 0.001 0.000 12 0.004 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 12 0.000 18:3i.....g 1 0.000 0.000 12 1 А 0.000 18:4.....g 0.001 0.000 12 Α 0.004 20:2 n-6 c,c.....g 1 0.006 0.001 12 20:3 undifferentiated.....g AS 1 0.025 0.001 0.001 12 A 1 20:3 n-3.....g 0.006 0.000 12 0.004 Α 1 0.019 20:3 n-6.....g 0.010 0.001 12 1 20:4 undifferentiated......g 0.042 20:4 n-6.....g 0.001 0.000 12 1 0.003 20:5 n-3 (EPA)......g 21:5......a 0.000 0.000 12 22:4.....g Α 1 0.000 22:5 n-3 (DPA).....g 0.003 0.000 12 0.011 Α 1 0.000 12 22:6 n-3 (DHA)......g 0.000 Α 1 0.000 0.123 0 NC 4 0.527 Fatty acids, total trans-monoenoic......g 0.098 0 NC 4 0.418 0.026 NC 0.109 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 26 1.582 6 1 112 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.131 1 0.558 Α 0.281 0 Α 1 1.198 Threonine......g

	Amount in 100 grams of edible portion Number									
Nutrients and Units	Mean Std. Erro	of Data	Deriv		Confidence Code		easures of foo Measure 2	Measure 3		
Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9	0.322 0.668 0.506 0.166 0.120 0.355 0.240 0.382 0.291 0.161 0.262 0.551 1.922 0.189	0 0 0 0 0 0 0 0 0	A A A A A A A A	1 1 1 1 1 1 1 1 1 1		1.375 2.850 2.162 0.710 0.512 1.514 1.026 1.631 1.243 0.688 1.119 2.354 8.207 0.807				
Proline	1.191 0.396 0.000	0 0 2	A A A	1 1 1		5.085 1.691 0.000				

Common Measures:

Measure 1 = 427g: 1 serving serving size varied by diameter and count of raviloi

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Nutrients and Units	s		Nur	m be i	r			m	easures of fo	nd
Proximates:	s									<u> </u>
Proximates:	3		of	Data	Deriv	Source	Confidence			
Proximates:	•	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
		Weari St	u. 🗀 101 10	J	Oode	Oode	Oode	weasure i	WedSure 2	weasure .
Water	g	59.88	0.696	12	A	1		180.25		
Energy	kcal	204		0	NC	4		614		
Energy	kJ	854		0	NC	4		2571		
Protein	g	16.17	0.617	12	A	1		48.66		
Total lipid (fat)	g	10.64	0.337	12	A	1		32.02		
Ash	g	2.39	0.093	12	A	1		7.20		
Carbohydrate, by difference	g	10.92		0	NC	4		32.87		
Fiber, total dietary	g	0.9	0.048	6	A	1		2.8		
Sugars, total	g	2.79	0.137	6	A	1		8.39		
Sucrose	<u>.</u> g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)		1.06	0.048	6	A	1		3.19		
Fructose	g	0.82	0.052		A	1		2.47		
Lactose	g	0.35	0.164	6	A	1		1.05		
Maltose	g	0.51	0.053	6	A	1		1.52		
Galactose	g	0.05	0.023	6	A	1		0.15		
Starch		6.52	0.873	6	A	1		19.62		
Minerals:										
Calcium, Ca	<u>mg</u>	106	8.304	12	A	1		319		
Iron, Fe	mg	0.68	0.045	12	A	1		2.03		
Magnesium, Mg		26	0.693		A	1		79		
Phosphorus, P		227	6.171		A	1		683		
Potassium, K	_	293	6.834		A	1		881		
Sodium, Na	-	536	34.727		A	1		1614		
Zinc, Zn		0.95	0.046		A	1		2.87		
Copper, Cu		0.071	0.003		A	1		0.213		
Manganese, Mn		0.149 24.7	0.008 1.624		A A	1 1		0.447 74.2		
Selenium, Se	µy	24.7	1.024	0	A			74.2		
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	_									
Thiamin		0.080	0.014		A	1		0.241		
Riboflavin	_	0.193	0.015		A	1		0.582		
Niacin		6.013	0.332		A	1 1		18.100		
Pantothenic acid		1.052	0.118		A A	1		3.168		
Vitamin B-6	•	0.205 19	0.012 2.085		A	1		0.617 57		
Folate, total		19	2.065	*	A	1		57		
Folate, DFE										
Betaine										
Vitamin B-12		0.40	0.072	6	A	1		1.19		
Vitamin A, RAE		45		0	AS	1		135		
Vitamin A, IU		307		0	AS	1		925		
Lycopene		1605	395.110	4	A	1		4830		
Lutein + zeaxanthin		86	15.990	4	A	1		258		
Vitamin E (alpha-tocopherol)		1.74	0.383	4	A	1		5.25		
Tocopherol, beta		0.02	0.021	4	A	1		0.06		
Tocopherol, gamma		1.62	0.723	4	A	1		4.87		
Tocopherol, delta		0.18	0.068	4	A	1		0.53		
Tocotrienol, alpha	mg	0.05	0.028	4	A	1		0.14		
Tocotrienol, beta	mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma	mg	0.04	0.036	4	A	1		0.11		
Tocotrienol, delta	mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.550 0 NC 7.677 4:0.....g 0.056 0.003 12 Α 1 0.170 6:0.....g 0.040 0.003 12 Α 0.120 0.002 12 8:0.....g 0.026 Α 1 0.079 10:0.....g 0.065 0.005 12 Α 1 0.194 0.007 12 0.077 12:0.....g Α 1 0.232 13:0.....g 0.022 12 0.257 0.773 14:0.....g Α 1 0.027 0.002 12 1 Α 0.082 0.115 12 1.384 4.165 16:0.....g Α 1 17:0.....g 0.021 0.002 12 1 0.064 0.526 0.032 12 Α 1 1.583 18:0.....g 0.038 0.003 12 А 1 20:0.....g 0.114 0.022 0.002 12 Α 1 0.065 22:0.....g 0.012 0.001 12 0.036 24:0.....g Α 1 NC 4.870 0 4 14,658 14:1.....g 0.025 0.003 12 Α 1 0.075 0.000 0.000 12 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.117 0.013 12 1 0.352 AS 0.109 0.012 12 А 1 0.328 16:1 c......g 0.008 0.001 12 Α 1 0.025 16:1 t.....g 0.010 0.001 12 0.031 17:1.....g А 1 18:1 undifferentiated......g 4.635 0.360 12 AS 1 13.952 0.360 12 4.563 Α 1 13.736 18:1 c.....g 0.072 0.006 12 Α 1 0.216 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.074 0.010 12 Α 1 0.222 20:1.....g 0.000 12 0.002 AS 1 0.006 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.002 Α 1 0.006 0.000 0.000 12 1 0.000 22:1 t......g Α 0.001 12 0.006 Α 1 0.019 Fatty acids, total polyunsaturated......g 1.951 0 NC 5.874 0.102 12 18:2 undifferentiated......g 1.658 AS 1 4.991 1.615 0.103 12 A 1 4.860 18:2 n-6 c.c....g 0.001 12 18:2 CLAs......g 0.016 1 0.048 18:2 t,t.....g 18:2 i.....g 0.028 0.001 12 1 0.083 18:2 t not further defined......g 18:3 undifferentiated......g 0.027 12 0.228 0.685 1 AS 18:3 n-3 c,c,c (ALA)......g 0.217 0.026 12 A 1 0.654 0.010 0.001 12 0.031 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 12 0.000 18:3i.....g 1 0.000 0.000 12 1 А 0.000 18:4.....g 0.006 0.000 12 Α 0.019 20:2 n-6 c,c.....g 1 0.010 0.001 12 20:3 undifferentiated.....g AS 1 0.030 0.001 0.001 12 A 1 20:3 n-3.....g 0.002 0.001 12 0.009 Α 1 0.028 20:3 n-6.....g 0.033 0.003 12 1 20:4 undifferentiated......g 0.100 20:4 n-6.....g 0.001 0.000 12 1 0.003 20:5 n-3 (EPA)......g 21:5......a 0.009 0.001 12 22:4.....g Α 1 0.026 22:5 n-3 (DPA).....g 0.004 0.000 12 0.012 Α 1 0.001 12 22:6 n-3 (DHA)......g 0.002 Α 1 0.007 0.108 0 NC 4 0.324 Fatty acids, total trans-monoenoic......g 0.080 0 NC 4 0.241 0.028 NC 0.083 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 54 6.891 6 1 162 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.203 1 0.610 Α 0.657 0 Α 1 1.979 Threonine......g

Amount in 100 grams of edible portion

	Amount in 100 grams of edible portion Number									
Nutrients and Units	Mean Std. Erro	of Data	Deriv		Confidence Code		easures of foo Measure 2	Measure 3		
Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9	0.717 1.317 1.334 0.406 0.199 1.058 0.526 0.806 0.930 0.503 0.785 1.364 2.833 0.615 1.308	0 0 0 0 0 0 0 0	A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		2.157 3.965 4.015 1.221 0.598 3.183 1.582 2.427 2.799 1.514 2.363 4.104 8.582 1.851				
Proline	0.698 0.035	0 2	A A	1 1		2.101 0.105				

Common Measures:

Measure 1 = 301g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr	rams	of edi	ole portio	<u>n</u>	Amount in e	dible portion	of common
			Nur	n ber					easures of fo	
						Source C	Confidence			
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	64.87	0.413	12	A	1		296.47		
Energy		185	01120	0	NC	4		845		
Energy		774		0	NC	4		3537		
Protein		10.83	0.218		A	1		49.51		
Total lipid (fat)		10.69	0.264		A	1		48.85		
Ash	-	2.25			A	1		10.27		
Carbohydrate, by difference	-	11.36	0.030	0	NC	4		51.91		
		1.5	0.101		A	1		6.7		
Fiber, total dietary		3.15		6	A	1		14.40		
Sugars, total		0.00	0.210	6	A	1		0.00		
Sucrose										
Glucose (dextrose)		1.18	0.088	6	A	1		5.38		
Fructose		1.18	0.080	6	A	1		5.41		
Lactose		0.61	0.275	6	A	1		2.80		
Maltose		0.00	0.000	6	A	1		0.00		
Galactose		0.18	0.014	6	A	1		0.82		
Starch	g	6.13	0.869	6	A	1		28.03		
Minerals:										
Calcium, Ca	mg	197	5.816	12	A	1		901		
Iron, Fe	mg	0.79	0.025	12	A	1		3.60		
Magnesium, Mg	mg	22	0.285	12	A	1		102		
Phosphorus, P	mg	178	3.447	12	A	1		812		
Potassium, K	mg	255	7.723		A	1		1163		
Sodium, Na		466	11.967		A	1		2131		
Zinc, Zn		1.32	0.023		A	1		6.04		
Copper, Cu		0.070	0.004		A	1		0.322		
Manganese, Mn		0.139	0.009	12	A	1		0.634		
Selenium, Se	µg	18.0	1.728	6	A	1		82.4		
Vitamins:	ma	0.7	0.116	6	A	1		3.4		
Vitamin C, total ascorbic acid	_	0.7		6	A	1				
ThiaminRiboflavin	_	0.140	0.009 0.017		A A	1		0.639		
	• • • • • • • • • • • • • • • • • • • •				A	1		1.081		
Niacin	•	1.843	0.095			1		8.424		
Pantothenic acid	•	0.492	0.014		A BFZN	4		2.250		
Vitamin B-6		0.122 26	4.267	0 6	BFZN A	1		0.556		
Folate, total		26 17	4.207	0	BFZN	4		118 80		
Folic acid		8		0	NC NC	4		38		
Folate, food Folate, DFE		38		0	NC	4		174		
		33.5		0	AS	1		153.3		
Choline, total	-	594.4		1	AS	1		2716.4		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.66	0.057		A	1		3.01		
Vitamin B-12, added		0.00	0.057	0	BFZN	4		0.00		
,		81		0	AS	1		371		
Vitamin A, RAE Retinol		64		2	A	1		294		
Carotene, beta		197	24.267		A	1		898		
		9	4.429		A	1		42		
Carotene, alpha		0	0.000		A	1		0		
Cryptoxanthin, beta Vitamin A, IU		550	0.000	0	AS	1		2512		
Lycopene		2517	259.967		AS	1		11504		
Lutein + zeaxanthin		97	4.289	6	A	1		445		
Vitamin E (alpha-tocopherol)		0.91	0.036		A	1		4.17		
		0.00	0.030	0	BFZN	4		0.00		
Vitamin E, added Tocopherol, beta		0.00	0.000	6	A A	1		0.00		
		0.14	0.000		A	1		0.62		
Tocopherol, gamma Tocopherol, delta		0.14	0.034		A	1		0.62		
-		0.01	0.007		A	1		0.03		
Tocotrienol, alpha	g	0.01	0.007		A A	1		0.03		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.04 0.040 0.18 Tocotrienol, gamma.....mg A 1 0.00 0.000 Tocotrienol, delta.....g 6 Α 1 0.00 Vitamin D (D2 + D3)......µg 0.0 BFZN 4 0.1 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 0 BFZN 1 4 Vitamin K (phylloquinone)......µg 6.8 2 Α 1 31.2 2 Dihydrophylloquinone.....µg 0.3 Α 1 1.1 Menaquinone-4.....µg 3.2 2 A 1 14.7 Lipids: Fatty acids, total saturated......g 4.941 0 NC 4 22.583 0.119 0.008 12 1 4:0.....g Α 0.544 0.097 0.006 12 0.445 6:0.....g 1 0.004 12 0.065 0.295 8:0.....g Α 1 0.167 0.010 12 10:0.....g 1 0.765 0.009 12 0.859 0.188 1 12:0.....g 13:0.....g 0.664 0.028 12 1 3.035 Α 15:0.....g 0.072 0.003 12 1 0.330 2.435 0.060 12 А 1 11.127 16:0.....g 0.064 0.002 12 Α 1 0.290 1.042 0.033 12 4.760 Α 1 18:0.....g 0.000 12 0.016 1 0.075 20:0.....g 0.008 0.000 12 Α 1 0.035 22:0.....g 0.005 0.000 12 Α 1 0.022 Fatty acids total monounsaturated Q 3.313 0 NC 4 15.142 0.003 12 0.071 А 1 0.325 14:1.....g 15:1.....g 0.000 0.000 12 Α 1 0.000 16:1 undifferentiated......g 0.183 0.006 12 AS 1 0.838 16:1 c......g 0.156 0.005 12 Α 1 0.713 0.027 0.001 12 Α 1 0.125 16:1 t.....g 0.001 12 0.029 Α 1 17:1.....g 0.133 18:1 undifferentiated......g 2.999 0.085 12 AS 1 13,706 2.773 0.082 12 12.673 18:1 c.....g Α 1 0.007 12 0.226 1 1.033 18:1 t.....g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.030 0.001 12 Α 1 0.139 0.000 0.000 12 22:1 undifferentiated......g 0.002 0.000 0.000 12 22:1 c.....g Α 1 0.002 0.000 12 0.000 Α 1 0.000 22:1 t.....g 0.000 12 24:1 c.....g 0.000 Α 1 0.000 Fatty acids, total polyunsaturated.....g 0.788 NC 3.599 0.024 12 18:2 undifferentiated......g 0.670 AS 1 3.060 0.572 0.023 12 18:2 n-6 c,c....g А 1 2.614 0.002 12 18:2 CLAs.....g 0.039 Α 1 0.180 18:2 t,t.....g 18:2 i.....g 0.058 0.004 12 1 0.266 18:2 t not further defined......g 0.057 0.003 12 0.261 18:3 undifferentiated......g AS 1 18:3 n-3 c,c,c (ALA)......g 0.055 0.003 12 А 1 0.253 0.001 0.000 12 Α 1 0.006 18:3 n-6 c,c,c.....g 18:3i.....g 0.001 0.000 12 Α 1 0.002 0.000 0.000 12 0.000 1 Α 18:4......g 0.001 12 20:2 n-6 c,c.....g 0.010 Α 1 0.044 0.013 0.001 12 AS 1 0.059 20:3 undifferentiated......g 0.002 0.001 12 A 1 0.011 20:3 n-3.....g 0.010 0.000 12 20:3 n-6 a Α 1 0.048 20:4 undifferentiated......g 0.024 0.001 12 1 0.111 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.002 0.000 12 Α 1 0.011 21:5......g 0.004 0.000 12 Α 1 0.020 22:4.....g 22:5 n-3 (DPA).....g 0.006 0.001 12 Α 1 0.027

	<u>Am our</u>	nt in 100 g	ram s	Amount in edible portion of common					
		Nur	mber				<u>m</u>	easures of foo	<u>od</u>
		of	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std	l. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.001	0.000	12	A	1		0.004		
Fatty acids, total transg	0.312		0	NC	4		1.426		
Fatty acids, total trans-monoenoicg	0.253		0	NC	4		1.158		
Fatty acids, total trans-polyenoicg	0.059		0	NC	4		0.268		
Cholesterolmg	36	2.160	6	A	1		164		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.134		0	A	1		0.610		
Threonineg	0.375		0	A	1		1.713		
Isoleucineg	0.416		0	A	1		1.903		
Leucineg	0.864		0	A	1		3.949		
Lysineg	0.824		0	A	1		3.767		
Methionineg	0.247		0	A	1		1.131		
Cystineg	0.114		0	A	1		0.523		
Phenylalanineg	0.495		0	A	1		2.261		
Tyrosineg	0.358		0	A	1		1.637		
Valineg	0.457		0	A	1		2.088		
Arginineg	0.468		0	A	1		2.141		
Histidineg	0.275		0	A	1		1.257		
Alanineg	0.407		0	A	1		1.858		
Aspartic acidg	0.768		0	A	1		3.510		
Glutamic acid	2.057		0	A	1		9.399		
Glycineg	0.347		0	A	1		1.587		
Proline	1.121		0	A	1		5.125		
Serineg	0.499		0	A	1		2.281		
Hydroxyprolineg	0.070		2	A	1		0.320		
Others:									
	0.0		0	BFZN	4		0.0		
Alcohol, ethyl	0.0		-		4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		

Common Measures:

Measure 1 = 457g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr	am s	Amount in edible portion of common					
			Nun	nber					easures of fo	
						Source	Confidence			
Nutrients and Uni	ts	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Nati lents and one		Wearr Ott	и. штог					weasure i	Micasure 2	Weasure
Proximates:										
Water	g	73.16	0.481	12	A	1		405.29		
Energy	kcal	121		0	NC	4		671		
Energy	kJ	507		0	NC	4		2809		
Protein	g	5.79	0.139	12	A	1		32.06		
Total lipid (fat)	g	3.59	0.226	12	A	1		19.92		
Ash	_	1.06	0.034	12	A	1		5.89		
Carbohydrate, by difference	g	16.40		0	NC	4		90.85		
Fiber, total dietary	g	1.6	0.067	6	A	1		8.7		
Sugars, total		1.82	0.125	6	A	1		10.06		
Sucrose	g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)		0.87	0.077	6	A	1		4.82		
Fructose	g	0.95	0.054	6	A	1		5.24		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose	g	0.00	0.000	6	A	1		0.00		
Galactose	g	0.00	0.000	6	A	1		0.00		
Starch		12.15	0.391	6	A	1		67.31		
Minerals:										
Calcium, Ca	ma	17	1.549	12	A	1		94		
Iron. Fe	•	0.97	0.040	12	A	1		5.36		
Magnesium, Mg		17	0.490	12	A	1		95		
Phosphorus, P		59	1.301	12	A	1		328		
Potassium, K		172	5.933	12	A	1		951		
Sodium, Na	_	230	10.962	12	A	1		1275		
Zinc, Zn	<u>.</u> mg	0.69	0.022	12	A	1		3.80		
Copper, Cu	mg	0.097	0.004	12	A	1		0.535		
Manganese, Mn	<u>mg</u>	0.212	0.006	12	A	1		1.176		
Selenium, Se	µg	13.1	1.950	6	A	1		72.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7	0.115	6	A	1		4.1		
Thiamin	_	0.090	0.008	6	A	1		0.498		
Riboflavin	_	0.147	0.007	6	A	1		0.812		
Niacin	mg	1.643	0.069	6	A	1		9.104		
Pantothenic acid	mg	0.247	0.015	4	A	1		1.371		
Vitamin B-6	mg	0.109	0.006	6	A	1		0.605		
Folate, total	µg	30	2.102	6	A	1		167		
Folate, DFE	µg									
Choline, total	mg	15.6		0	AS	1		86.6		
Betaine	mg	546.1		2	A	1		3025.6		
Vitamin B-12	µg	0.17	0.023	6	A	1		0.95		
Vitamin A, RAE	µg	12		0	AS	1		64		
Vitamin A, IU	J <u>U</u>	232		0	AS	1		1284		
Lycopene	µg	2236	289.106	4	A	1		12390		
Lutein + zeaxanthin	µg	122	11.955	4	A	1		678		
Vitamin E (alpha-tocopherol)		0.63	0.029	6	A	1		3.50		
Tocopherol, beta		0.00	0.000	6	A	1		0.00		
Tocopherol, gamma		0.10	0.018	6	A	1		0.54		
Tocopherol, delta		0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha		0.03	0.013	6	A	1		0.15		
Tocotrienol, beta		0.24	0.044	6	A	1		1.32		
Tocotrienol, gamma		0.03	0.033	6	A	1		0.18		
Tocotrienol, delta	_	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D		4.2	0.381	Δ	A	1		23.5		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0	0.000		A	1 1		0.0		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.201 4 Menaquinone-4......µg 0.5 А 1 2.8 Lipids: Fatty acids, total saturated......g 1.062 NC 5.882 4:0.....g 0.007 0.004 6 A 1 0.036 0.002 0.002 6 А 1 0.013 6:0......g 8:0.....g 0.002 0.002 6 Α 1 0.009 0.005 0.004 6 0.030 Α 1 12:0.....g 0.007 0.005 6 1 0.037 13:0......g 14:0.....g 0.059 0.012 6 Α 1 0.328 0.008 0.001 6 0.047 Α 1 16:0.....g 0.647 0.037 6 Α 1 3.584 0.001 0.016 6 А 1 0.087 17:0......g 0.018 18·0 0.298 6 Α 1 1,651 0.001 20:0.....g 0.007 Α 0.040 0.000 0.002 6 22:0.....g Α 1 0.012 24·0 a 0.002 0.000 6 А 1 0.008 1.486 Fatty acids, total monounsaturated......g 0 NC 4 8.233 0.009 0.002 A 0.050 14:1.....g 0.000 0.000 6 1 15:1.....g Α 0.000 16:1 undifferentiated......g 0.060 0.005 6 AS 1 0.333 0.005 16:1 c.....g 0.056 6 Α 1 0.313 0.004 0.000 16:1 t.....g 0.020 0.001 6 17:1.....g 0.011 А 1 0.059 0.128 6 18:1 undifferentiated......g 1.389 AS 1 7.697 0.126 1.335 6 7.396 18:1 c.....g Α 1 18:1 t.....g 0.054 0.005 6 1 0.301 18:1-11 t (18:1t n-7).....g 0.017 0.002 6 0.092 20:1.....g Α 1 0.001 0.000 0.003 6 AS 1 0.001 0.000 6 0.003 22:1 c.....g Α 1 0.000 0.000 6 1 А 0.000 22:1 t.....g 24:1 c.....g 0.000 0.000 6 Α 1 0.000 0.512 NC 4 2.838 18:2 undifferentiated......g 0.448 0.024 6 AS 1 2.481 0.023 18:2 n-6 c,c.....g 0.433 6 Α 1 2.397 0.007 0.001 6 Α 1 0.040 18:2 CLAs.....g 18:2 t.t.....g 18:2 i.....g 0.001 18:2 t not further defined.....g 0.008 6 1 0.045 Α 0.004 6 18:3 undifferentiated.....g 0.035 AS 1 0.195 0.004 6 18:3 n-3 c,c,c (ALA).....g 0.035 Α 1 0.192 0.000 18:3 n-6 c,c,c......g 0.001 6 Α 1 0.003 0.000 18:3i.....g 0.000 6 А 1 0.000 18:4.....g 0.000 0.000 6 Α 1 0.000 0.007 0.001 Α 0.039 20:2 n-6 c,c.....g 0.002 0.007 6 20:3 undifferentiated.....g AS 1 0.037 0.004 0.002 6 1 20:3 n-3.....g Α 0.020 0.000 0.003 6 20:3 n-6.....g Α 1 0.017 20:4 undifferentiated.....g 0.010 0.001 0.053 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.000 6 Α 1 0.005 21:5.....g 22:4.....g 0.003 0.000 6 1 0.015 22:5 n-3 (DPA).....g 0.002 0.000 6 0.009 Α 1 0.001 0.000 6 А 1 0.005 22:6 n-3 (DHA)......g 0.066 0 NC 4 0.366 Fatty acids, total trans......g 0.058 0 NC 4 0.321 Fatty acids, total trans-monoenoic......g 0.008 0 NC 4 0.045 Fatty acids, total trans-polyenoic......g 0.783 6 А 1 49 Cholesterol....mg Phytosterols.....mg Amino Acids: 0.302 0.054 0 1 Tryptophan.....g Α

	Amount in 10	Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Threonineg	0.192	0	A	1		1.063		
Isoleucineg	0.197	0	A	1		1.091		
Leucineg	0.373	0	A	1		2.064		
Lysineg	0.231	0	A	1		1.281		
Methionineg	0.109	0	A	1		0.604		
Cystineg	0.093	0	A	1		0.515		
Phenylalanineg	0.263	0	A	1		1.455		
Tyrosineg	0.137	0	A	1		0.761		
Valineg	0.224	0	A	1		1.242		
Arginineg	0.275	0	A	1		1.522		
Histidineg	0.142	0	A	1		0.789		
Alanineg	0.247	0	A	1		1.371		
Aspartic acidg	0.439	0	A	1		2.433		
Glutamic acidg	1.559	0	A	1		8.636		
Glycineg	0.230	0	A	1		1.276		
Prolineg	0.507	0	A	1		2.811		
Serineg	0.240	0	A	1		1.332		
Hydroxyprolineg	0.000	2	A	1		0.000		

Common Measures:

Measure 1 = 554g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	ınt in 100 gr	Amount in edible portion of common						
			Num	nber	•			<u>m</u>	easures of fo	od
						Source C	Confidence			
Nutrients and Unit	s	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water		75.56	0.557	11	A	1		385.34		
Energy	kcal	104		0	NC	4		529		
Energy	kJ	434		0	NC	4		2213		
Protein	g	3.90	0.203	12	A	1		19.87		
Total lipid (fat)	g	1.89	0.095	12	A	1		9.63		
Ash	g	0.89	0.040	12	A	1		4.52		
Carbohydrate, by difference	g	17.77		0	NC	4		90.64		
Fiber, total dietary	g	1.7	0.045	6	A	1		8.7		
Sugars, total		1.82	0.033	6	A	1		9.28		
Sucrose		0.00	0.000	6	A	1		0.00		
Glucose (dextrose)		0.91	0.024	6	A	1		4.66		
Fructose		0.91	0.017	6	A	1		4.62		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose		0.00	0.000	6	A	1		0.00		
Galactose		0.00	0.000	6	A	1		0.00		
Starch		12.08	0.562	6	A	1		61.62		
Minerals:										
Calcium, Ca	ma	15	1.469	12	A	1		75		
Iron, Fe	•	0.90	0.037		A	1		4.59		
Magnesium, Mg		16	0.473		A	1		81		
Phosphorus, P		44	1.353		A	1		225		
Potassium, K		140	6.120	12	A	1		712		
Sodium, Na		191	11.295		A	1		976		
Zinc, Zn	-	0.35	0.013		A	1		1.77		
Copper, Cu		0.074	0.006	12	A	1		0.378		
Manganese, Mn		0.215	0.009	12	A	1		1.095		
Selenium, Se		10.1		6	A	1		51.3		
Vitamins:										
Vitamin C, total ascorbic acid	mq	1.1	0.109	6	A	1		5.7		
Thiamin	-	0.072	0.007	6	A	1		0.365		
Riboflavin	-	0.123	0.009	6	A	1		0.629		
Niacin	_	1.162	0.061	6	A	1		5.924		
Pantothenic acid	-	0.187	0.012	4	A	1		0.956		
Vitamin B-6		0.084	0.002	6	A	1		0.426		
Folate, total	-	29	3.060	6	A	1		149		
Folate, DFE										
Choline, total		8.0		0	AS	1		40.6		
Betaine		472.0		2	A	1		2407.4		
Vitamin B-12	-									
Vitamin A, RAE		10		0	AS	1		52		
Vitamin A, IU		202		0	AS	1		1031		
Lycopene		1872	73.459	4	A	1		9548		
Lutein + zeaxanthin		132	2.679	4	A	1		675		
Vitamin E (alpha-tocopherol)		0.81	0.076	6	A	1		4.16		
Tocopherol, beta		0.00	0.000	6	A	1		0.00		
Tocopherol, gamma		0.33	0.110	6	A	1		1.66		
Tocopherol, delta		0.02	0.011	6	A	1		0.12		
Tocotrienol, alpha		0.02	0.010	6	A	1		0.11		
Tocotrienol, beta		0.23	0.027	6	A	1		1.17		
Tocotrienol, gamma		0.00	0.000	6	A	1		0.00		
Tocotrienol, delta		0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3)		-								
Vitamin D2 (ergocalciferol)										
, ,	µg									
Vitamin D3 (cholecalciferol)										
, ,	IU	4.0	0.548	4	A	1		20.3		
Vitamin D3 (cholecalciferol) Vitamin D	IU IU	4.0 0.0	0.548 0.000	4	A A	1 1		20.3		

Amount in edible portion of common measures of food **Number** of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.000 Menaquinone-4.....µg 0.0 А 1 Lipids: Fatty acids, total saturated......g 0.366 NC 1.865 4:0.....g 0.002 0.002 6 A 1 0.008 0.000 0.000 6 А 1 0.000 6:0......g 8:0.....g 0.000 0.000 6 Α 1 0.000 0.002 0.001 6 0.008 Α 1 12:0.....g 0.002 0.001 6 1 0.009 13:0......g 14:0.....g 0.011 0.002 6 Α 1 0.054 0.003 0.000 6 0.014 Α 1 16:0.....g 0.259 0.018 6 Α 1 1.323 0.002 0.000 А 1 0.011 17:0......g 0.004 18·0 0.071 6 Α 1 0.364 0.001 20:0.....g 0.008 Α 1 0.039 0.000 6 22:0.....g 0.004 Α 1 0.020 24:0.....g 0.003 0.000 6 А 1 0.014 Fatty acids, total monounsaturated......g 0.926 0 NC 4 4.725 0.000 0.000 A 0.000 14:1.....g 0.000 0.000 6 15:1.....g Α 1 0.000 16:1 undifferentiated......g 0.012 0.002 6 AS 1 0.060 0.002 16:1 c.....g 0.012 6 Α 1 0.060 0.000 16:1 t.....g 0.000 0.000 0.000 6 17:1.....g 0.002 А 1 0.009 0.091 6 18:1 undifferentiated......g 0.898 AS 1 4.579 0.092 0.891 6 18:1 c.....g Α 1 4.544 18:1 t.....g 0.007 0.001 6 1 0.035 18:1-11 t (18:1t n-7).....g 0.014 0.003 6 0.071 20:1.....g Α 1 0.000 0.000 6 AS 1 0.001 0.000 0.000 6 0.001 22:1 c.....g Α 1 0.000 0.000 6 А 1 0.000 22:1 t.....g 24:1 c.....g 0.001 0.000 6 Α 1 0.005 0.528 NC Fatty acids, total polyunsaturated......g 4 2.694 18:2 undifferentiated......g 0.447 0.051 6 AS 1 2.281 0.051 18:2 n-6 c,c.....g 0.444 6 Α 1 2,265 0.002 0.000 6 A 1 0.009 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.000 18:2 t not further defined......g 0.002 6 1 0.008 Α 18:3 undifferentiated.....g 0.077 0.020 6 AS 1 0.394 18:3 n-3 c,c,c (ALA).....g 0.075 0.019 Α 1 0.383 18:3 n-6 c,c,c......g 0.002 0.001 6 Α 1 0.012 0.000 18:3i.....g 0.000 6 А 1 0.000 18:4.....g 0.000 0.000 6 Α 1 0.000 0.000 0.000 Α 0.001 20:2 n-6 c,c.....g 0.001 6 20:3 undifferentiated.....g 0.002 AS 1 0.012 0.002 0.001 1 20:3 n-3.....g 6 Α 0.012 0.000 0.000 20:3 n-6.....g 6 Α 1 0.000 20:4 undifferentiated.....g 0.000 0.000 0.000 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 6 Α 1 0.002 21:5.....g 22:4.....g 0.000 0.000 6 1 0.000 22:5 n-3 (DPA).....g 0.000 0.000 6 0.000 Α 1 0.001 0.001 6 А 1 0.004 22:6 n-3 (DHA)......g 0.008 0 NC 4 0.042 Fatty acids, total trans......g 0.007 0 NC 4 0.035 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g 0.002 0 NC 4 0.008 0 0.034 А 1 Cholesterol....mg 2 Phytosterols.....mg Amino Acids: 0.205 0.040 0 1 Tryptophan.....g Α

Amount in 100 grams of edible portion

	Amount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Threonineg	0.103	0	A	1		0.523		
Isoleucineg	0.119	0	A	1		0.608		
Leucineg	0.227	0	A	1		1.157		
Lysineg	0.080	0	A	1		0.407		
Methionineg	0.057	0	A	1		0.291		
Cystineg	0.074	0	A	1		0.380		
Phenylalanineg	0.165	0	A	1		0.841		
Tyrosineg	0.085	0	A	1		0.433		
Valineg	0.142	0	A	1		0.724		
Arginineg	0.154	0	A	1		0.786		
Histidineg	0.074	0	A	1		0.375		
Alanineg	0.119	0	A	1		0.608		
Aspartic acidg	0.238	0	A	1		1.216		
Glutamic acidg	1.308	0	A	1		6.672		
Glycineg	0.103	0	A	1		0.523		
Prolineg	0.386	0	A	1		1.967		
Serineg	0.165	0	A	1		0.841		
Hydroxyprolineg	0.000	2	A	1		0.000		

Common Measures:

Measure 1 = 510g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36405 Restaurant, Latino, Arroz con frijoles negros (rice and black beans)

		Amour	it in 100 gr	ams o	ot edi	ble portion		Amount in edible portion of common		
			Num	ber					easures of fo	
					Deriv	Source Con	fidence			
Nutrients and Uni	ito	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	its	wean Sto	. Error 10		Joue	Oode (Joue	weasure i	Measure 2	weasure .
Proximates:										
Water	g	65.47	3.965	4	A	1		301.80	95.58	
Energy	kcal	151		0	NC	4		696	220	
Energy	kJ	631		0	NC	4		2910	922	
Protein	g	4.64	0.166	4	A	1		21.39	6.77	
Total lipid (fat)	g	3.85	1.120	4	A	1		17.77	5.63	
Ash	_	1.63	0.220	4	A	1		7.53	2.38	
Carbohydrate, by difference	g	24.40		0	NC	4		112.51	35.63	
Fiber, total dietary	g	3.4	0.389	4	A	1		15.7	5.0	
Sugars, total	g	0.86		2	A	1		3.96	1.25	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)		0.40		2	A	1		1.83	0.58	
Fructose	g	0.46		2	A	1		2.13	0.67	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch		18.57	3.522	4	A	1		85.63	27.12	
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	37	5.326	4	A	1		169	53	
Iron, Fe		1.57	0.253	4	A	1		7.24	2.29	
Magnesium, Mg		26	2.117	4	A	1		121	38	
Phosphorus, P		87	2.025	4	A	1		403	127	
Potassium, K	_	224 420	12.662 48.343	4 4	A A	1 1		1033 1934	327 612	
Sodium, NaZinc, Zn	-	0.74	0.066	4	A	1		3.41	1.08	
Copper, Cu		0.161	0.008	4	A	1		0.744	0.236	
Manganese, Mn		0.443	0.086	4	A	1		2.044	0.230	
Selenium, Se		4.8	0.000	2	A	1		21.9	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.122	0.046	4	A	1		0.564	0.179	
Riboflavin	mg	0.021	0.003	4	A	1		0.097	0.031	
Niacin	mg	1.017	0.255	4	A	1		4.690	1.485	
Pantothenic acid	mg	0.263	0.033	3	A	1		1.214	0.384	
Vitamin B-6	mg	0.062	0.005	4	A	1		0.288	0.091	
Folate, total										
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.47		2	A	1		2.17	0.69	
Tocopherol, beta		0.03		2	A	1		0.12	0.04	
Tocopherol, gamma		2.26		2	A	1		10.42	3.30	
Tocopherol, delta		0.56		2	A	1		2.60	0.82	
Tocotrienol, alpha	-	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta		0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma		0.00		2	A	1		0.00	0.00	
Tocotrienol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D	<u>IU</u>									
Vitamin K (phylloquinone)		10.3		2	A	1		47.7	15.1	
Dihydrophylloquinone	µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4		0.0		2	A	1		0.0	0.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.729 0 NC 4 3.360 1.064 4:0.....g 6:0.....g 0.000 0.000 Α 0.000 0.000 0.000 0.000 0.000 0.000 8:0.....g 3 Α 1 10:0.....g 0.016 0.004 4 Α 1 0.075 0.024 0.004 0.005 12:0......g 4 1 0.022 0.007 Α 13:0.....g 0.015 0.047 0.033 4 0.150 14:0.....g Α 1 0.004 0.002 4 1 0.020 0.006 Α 0.463 0.139 1 0.677 Α 2.137 16·0 a 17:0.....g 0.008 0.004 1 0.037 0.012 0.176 0.064 4 Α 0.811 0.257 1 18:0.....g 0.010 0.004 4 A 1 0.045 0.014 20:0.....g 22:0 a 0.009 0.003 Α 1 0.041 0.013 0.005 0.001 A 1 0.024 0.008 24:0.....g Fatty acids, total monounsaturated.....g 0.889 1.298 NC 4 4.100 14:1.....g 0.004 0.002 4 Α 1 0.017 0.005 0.000 0.000 0.000 0.000 15:1......g Α 1 16:1 undifferentiated......g 0.020 0.011 AS 1 0.093 0.030 0.018 0.010 Α 1 0.084 0.027 16:1 c......g 16:1 t.....g 0.002 0.001 4 Α 1 0.009 0.003 0.000 0.000 0.000 0.000 17:1.....g Α 1 18:1 undifferentiated......g 0.853 0.304 4 AS 1 3.931 1.245 0.822 0.302 A 1 3.787 18:1 c.....g 1.199 0.031 0.017 Α 1 0.144 0.046 20:1.....g 0.012 0.004 Α 1 0.057 0.018 0.000 22:1 undifferentiated......g 0.000 AS 1 0.000 0.000 0.000 0.000 0.000 22:1 c.....g 4 Α 1 0.000 0.000 0.000 Α 0.000 0.000 22:1 t.....g 0.000 0.000 24:1 c.....g 0.000 4 Α 1 0.001 Fatty acids, total polyunsaturated......g 1.557 NC 4 7.178 2.273 0.564 18:2 undifferentiated......g 1.313 4 AS 1 6.053 1.917 18:2 n-6 c,c.....g 1.296 0.562 A 1 5.974 1.892 0.001 0.003 1 18:2 CLAs.....g Α 0.016 0.005 18:2 t,t.....g 18:2 i.....g 0.014 0.003 1 0.063 0.020 18:2 t not further defined......g 4 0.064 18:3 undifferentiated.....g 0.239 4 0.350 AS 1 1.104 18:3 n-3 c,c,c (ALA)......g 0.239 0.064 4 A 1 1.104 0.350 0.000 0.000 1 0.000 0.000 Α 18:3i.....g 0.000 0.000 1 0.000 0.000 18:4.....g Α 0.001 0.000 4 А 1 0.006 0.002 20:2 n-6 c.c.....g 0.001 0.000 AS 1 0.002 0.001 0.000 0.000 4 Α 1 0.000 0.000 20:3 n-3.....g 0.001 0.000 Α 1 0.002 0.001 20:4 undifferentiated.....g 0.002 0.000 4 Α 1 0.009 0.003 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 4 А 1 0.000 0.000 21:5......g 0.001 0.000 1 0.003 0.001 22:4.....g Α 22:5 n-3 (DPA).....g 0.000 0.000 А 1 0.000 0.000 0.000 0.000 4 1 0.000 0.000 А 0.047 NC 0.068 0 4 0.216 0.033 NC Fatty acids, total trans-monoenoic......g 0 4 0.153 0.048 Fatty acids, total trans-polyenoic......g 0.014 NC 4 0.063 0.020 Cholesterol....mg Phytosterols.....mg Amino Acids: 0.058 0.269 0.085 Tryptophan.....g 0 А 1 0.880 0.279 Threonine.....g 0.191

NDB No. 36405

Restaurant, Latino, Arroz con frijoles negros (rice and black beans)

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.201	0	A	1		0.929	0.294	
Leucineg	0.366	0	A	1		1.687	0.534	
Lysineg	0.255	0	A	1		1.174	0.372	
Methionineg	0.069	0	A	1		0.318	0.101	
Cystineg	0.053	0	A	1		0.245	0.077	
Phenylalanineg	0.260	0	A	1		1.198	0.379	
Tyrosineg	0.149	0	A	1		0.685	0.217	
Valineg	0.265	0	A	1		1.222	0.387	
Arginineg	0.323	0	A	1		1.491	0.472	
Histidineg	0.127	0	A	1		0.586	0.186	
Alanineg	0.212	0	A	1		0.978	0.310	
Aspartic acidg	0.520	0	A	1		2.396	0.759	
Glutamic acid	0.764	0	A	1		3.521	1.115	
Glycineg	0.180	0	A	1		0.831	0.263	
Proline	0.164	0	A	1		0.758	0.240	
Serine	0.260	0	A	1		1.198	0.379	
Hydroxyprolineg		•					0.072	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 461g: 1 serving Measure 2 = 146g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36407 Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)

		Amount in '	100 grams	of edi	ble portior	<u>1</u>	Amount in edible portion of common		
			Number	r				easures of fo	
			of Data	Deriv	Source C	onfidence			
Nutrients and U	Jnits	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		58.87	1	A	1		384.42	67.70	
Energy		182	0	NC	4		1187	209	
Energy		761	0	NC	4		4968	875	
Protein	-	3.50	1	A	1		22.86	4.03	
Total lipid (fat)		4.98	1	A	1		32.52	5.73	
Ash		1.90	1	A	1		12.41	2.18	
Carbohydrate, by difference		30.75 1.4	0 1	NC	4		200.80	35.36	
Fiber, total dietary		1.4	1	A	1		9.1	1.6	
Sugars, total		28.40	1	A	1		185.45	22.66	
Starch	y	20.40	1	A	1		103.43	32.66	
Minerals:									
Calcium, Ca	mg	8	1	A	1		53	9	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.29	1	A	1		1.89	0.33	
Magnesium, Mg		14	1	A	1		92	16	
Phosphorus, P		54	1	A	1		353	62	
Potassium, K		84	1	A	1		548	96	
Sodium, Na	_	583 0.74	1 1	A A	1 1		3807 4.84	670 0.85	
Zinc, Zn	_	0.74	1	A	1		0.823	0.85	
Copper, Cu		0.126	1	A	1		3.833	0.145	
Selenium, Se		0.307	-		-		3.033	0.075	
,									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	_		_		_				
Thiamin	_	0.030	1 1	A A	1 1		0.195	0.034	
Riboflavin	-	0.015 0.530	1	A A	1		0.097 3.460	0.017 0.609	
Niacin Pantothenic acid	_	0.240	1	A	1		1.567	0.809	
Vitamin B-6	-	0.040	1	A	1		0.261	0.276	
Folate, total	_	0.040	-		-		0.201	0.040	
Folate, DFE									
Choline, total									
Betaine	_								
Vitamin B-12	µg								
Vitamin A, RAE									
Vitamin A, IU									
Lycopene									
Lutein + zeaxanthin			_	_	_				
Vitamin E (alpha-tocopherol)		0.68		A			4.44	0.78	
Tocopherol, beta		0.06 3.03	1 1	A A	1 1		0.39 19.79	0.07	
Tocopherol, gamma		1.01	1	A	1		6.59	3.48 1.16	
Tocopherol, delta Tocotrienol, alpha		0.05	1	A	1		0.33	0.06	
Tocotrienol, beta		0.00	1	A	1		0.00	0.00	
Tocotrienol, gamma		0.19	1	A	1		1.24	0.22	
Tocotrienol, delta		0.00	1	A	1		0.00	0.00	
Vitamin D (D2 + D3)									
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin D	IU								
Vitamin K (phylloquinone)		12.6	1	A	1		82.3	14.5	
Dihydrophylloquinone		0.0	1	A	1		0.0	0.0	
Menaquinone-4	µg	0.0	1	A	1		0.0	0.0	
Lipids:									
Lipids: Fatty acids, total saturated	g	0.763	0	NC	4		4.980	0.877	
		0.763	0	NC	4		4.980	0.877	
Fatty acids, total saturated	g	0.763	0 1 1	NC A	4 1		4.980 0.000	0.877	

	<u>Ar</u>	noun	t in 100	0 grams	of edi	<u>on</u>	Amount in edible portion of common			
				Number					easures of foo	
						Source	Confidence	<u></u>		<u> </u>
Nutrients and Units	Mean	644	Error	Points		Code	Code	Magaura 1	Measure 2	Magaura 2
Nutrients and Onits	wean	Stu.	. Error	1 011113	Oode	Ooue	Oode	Measure 1	weasure 2	Measure 3
10:0				1 1	A A	1 1		0.189	0.033	
12:0		100		1	А	1		0.000	0.000	
13:0		.10			_					
14:09				1	A	1		0.078	0.014	
15:09				1	A	1		0.007	0.001	
16:09				1	A	1		3.336	0.588	
17:0Q				1	A	1		0.026	0.005	
18:0				1	A	1		1.123	0.198	
20:0				1	A	1		0.097	0.017	
22:0	0.0	13		1	A	1		0.085	0.015	
24:09	0.0	06		1	A	1		0.039	0.007	
Fatty acids, total monounsaturatedQ	1.0	05		0	NC	4		6.561	1.155	
14:1	0.0	00		1	A	1		0.000	0.000	
15:1	0.0	00		1	A	1		0.000	0.000	
16:1 undifferentiated	0.0	05		0	AS	1		0.032	0.006	
16:1 c		05		1	A	1		0.032	0.006	
16:1 t		000		1	A	1		0.000	0.000	
17:1				1	A	1		0.000	0.000	
18:1 undifferentiated				0	AS	1		6.399	1.127	
18:1 c				1	A	1		6.386	1.125	
-				1	A	1				
18:1 t	•	102		1	А	1		0.013	0.002	
18:1-11 t (18:1t n-7)				_		_				
20:19				1	A	1		0.130	0.023	
22:1 undifferentiated				0	AS	1		0.000	0.000	
22:1 c				1	A	1		0.000	0.000	
22:1 t	0.0	000		1	A	1		0.000	0.000	
24:1 c		00		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated	2.3	20		0	NC	4		15.148	2.668	
18:2 undifferentiated		70		0	AS	1		13.516	2.380	
18:2 n-6 c.c	2.0	57		1	A	1		13.432	2.365	
18:2 CLAs		02		1	A	1		0.013	0.002	
18:2 t,t										
18:2 i										
18:2 t not further defined		11		1	A	1		0.071	0.013	
18:3 undifferentiated				0	AS	1		1.625	0.286	
18:3 n-3 c,c,c (ALA)				1	A	1		1.625	0.286	
18:3 n-6 c.c.c				1	A	1		0.000		
		100		1	А	1		0.000	0.000	
18:3ig					_					
18:4				1	A	1		0.000	0.000	
20:2 n-6 c,c				1	A	1		0.007	0.001	
20:3 undifferentiatedQ				0	AS	1		0.000	0.000	
20:3 n-3				1	A	1		0.000	0.000	
20:3 n-6	0.0	00		1	A	1		0.000	0.000	
20:4 undifferentiated	0.0	00		1	A	1		0.000	0.000	
20:4 n-6	1									
20:5 n-3 (EPA)	0.0	00		1	A	1		0.000	0.000	
21:5	J									
22:4	0.0	00		1	A	1		0.000	0.000	
22:5 n-3 (DPA)	0.0	00		1	A	1		0.000	0.000	
22:6 n-3 (DHA)g		00		1	A	1		0.000	0.000	
Fatty acids, total trans				0	NC	4		0.084	0.015	
Fatty acids, total trans-monoenoic				0	NC	4		0.013	0.002	
Fatty acids, total trans-nonochoc				0	NC	4		0.071	0.013	
				•	110	-		0.071	0.013	
Cholesterol										
Phytosterolsr	''9									
Amino Acids:										
TryptophanQ	0.0	50		0	A	1		0.327	0.058	
Threonine9	0.1	.10		0	A	1		0.718	0.126	
Isoleucine	0.1	.30		0	A	1		0.848	0.149	
Leucine		60		0	A	1		1.697	0.299	
Lysine				0	A	1		0.783	0.138	
Methionine				0	A	1		0.457	0.081	
Cystine				0	A	1		0.391	0.069	
- 5	,			•		_				

	Amount in 1	00 grams of	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro	of Data De Points Co		ce Confidence e Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.170	0	A 1		1.110	0.196	
Tyrosineg	0.100	0	A 1		0.653	0.115	
Valineg	0.180	0	A 1		1.175	0.207	
Arginineg	0.250	0	A 1		1.633	0.288	
Histidineg	0.090	0	A 1		0.588	0.104	
Alanineg	0.170	0	A 1		1.110	0.196	
Aspartic acidg	0.310	0	A 1		2.024	0.357	
Glutamic acidg	0.840	0	A 1		5.485	0.966	
Glycineg	0.140	0	A 1		0.914	0.161	
Prolineg	0.110	0	A 1		0.718	0.126	
Serineg	0.160	0	A 1		1.044	0.184	
Hydroxyprolineg							

Common Measures:

Measure 1 = 653g: 1 serving Measure 2 = 115g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36406 Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)

		<u>Am o</u>	unt in 100 g	rams	Amount in edible portion of common					
			Nu	m be	r				easures of fo	
						Source C	onfidence			
Nutrients and Uni	ts	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.27	0.902	3	A	1		396.91	105.62	
Energy	kcal	142		0	NC	4		837	223	
Energy	kJ	594		0	NC	4		3504	932	
Protein	g	3.96	0.289	3	A	1		23.35	6.21	
Total lipid (fat)	g	3.46	0.549		A	1		20.41	5.43	
Ash		1.57	0.094		A	1		9.24	2.46	
Carbohydrate, by difference		23.74		0	NC	4		140.08	37.28	
Fiber, total dietary		2.6	0.219		A	1		15.5	4.1	
Sugars, total		0.15 0.00		1	A A	1 1		0.87 0.00	0.23	
Sucrose		0.00		1	A	1		0.00	0.00 0.12	
Glucose (dextrose)		0.07		1	A	1		0.43	0.12	
Fructose		0.00		1	A	1		0.00	0.12	
Lactose		0.00		1	A	1		0.00	0.00	
Galactose		0.00		1	A	1		0.00	0.00	
Starch		19.63	0.371	3	A	1		115.84	30.82	
Minerals:	-									
Calcium, Ca	mg	15	2.318	3	A	1		89	24	
Iron, Fe	mg	1.22	0.305	3	A	1		7.22	1.92	
Magnesium, Mg	mg	21	0.808		A	1		125	33	
Phosphorus, P		75	3.645		A	1		443	118	
Potassium, K		194	19.287		A	1		1145	305	
Sodium, Na		370	31.070 0.045		A A	1 1		2183	581	
Zinc, Zn Copper, Cu		0.71 0.139			A	1		4.19 0.820	1.11 0.218	
Manganese, Mn		0.419			A	1		2.472	0.658	
Selenium, Se		5.6	1.014		A	1		32.8	8.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.043	0.019	3	A	1		0.255	0.068	
Riboflavin		0.015	0.000	3	A	1		0.087	0.023	
Niacin	mg	0.813	0.150	3	A	1		4.799	1.277	
Pantothenic acid	mg	0.220)	2	A	1		1.298	0.345	
Vitamin B-6	•	0.047	0.012	3	A	1		0.275	0.073	
Folate, total										
Folate, DFE										
Choline, total										
Betaine Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg	0.23		2	A	1		1.39	0.37	
Tocopherol, beta	mg	0.01		2	A	1		0.09	0.02	
Tocopherol, gamma		1.48		2	A	1		8.73	2.32	
Tocopherol, delta		0.40		2	A	1		2.36	0.63	
Tocotrienol, alpha		0.00		2	A	1		0.00	0.00	
Tocotrienol, beta		0.00		2	A A	1 1		0.00	0.00	
Tocotrienol, gamma Tocotrienol, delta		0.08		2	A A	1		0.47 0.00	0.13 0.00	
Vitamin D (D2 + D3)	-	0.00		2	A	_		0.00	0.00	
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		7.8		2	A	1		45.9	12.2	
Dihydrophylloquinone	µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4	µg	0.0		2	A	1		0.0	0.0	

	<u>An</u>	ount	in 100 gra	am s	of edi	ble portion	Amount in e	dible portion	of common
			Nicon				Amount in edible portion o measures of foo		•
			Num			Course Confidence		<u> </u>	<u>/u</u>
						Source Confidence			
Nutrients and Units	Mean	Std.	Error Poi	ints	Code	Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated		02		0	NC	4	2.962	0.788	
6:0	•	00	0.000	3	A	1	0.000	0.000	
8:0	•		0.000	3	A	1	0.000	0.000	
10:0	-		0.002	3	A	1	0.059	0.016	
12:0	=	00	0.000	3	A	1	0.002	0.001	
13:0	g								
14:0	g 0.0	80	0.001	3	A	1	0.047	0.013	
15:0	g 0.0	01	0.000	3	A	1	0.006	0.002	
16:0	-		0.053	3	A	1	2.051	0.546	
17:0	-		0.000	3	A	1	0.016	0.004	
18:0	-		0.023	3	A -	1	0.651	0.173	
20:0	-		0.002	3	A	1	0.053	0.014	
22:0 24:0			0.002	3	A	1 1	0.051	0.014	
Fatty acids, total monounsaturated			0.000	3 0	A NC	4	0.027 4.075	0.007 1.084	
14:1			0.000	3	A	1	0.000	0.000	
15:1			0.000	3	A	1	0.000	0.000	
16:1 undifferentiated	•		0.001	3	AS	1	0.026	0.007	
16:1 c	-		0.001	3	A	1	0.026	0.007	
16:1 t	=	00	0.000	3	A	1	0.000	0.000	
17:1		00	0.000	3	A	1	0.000	0.000	
18:1 undifferentiated	g 0.6	72	0.099	3	AS	1	3.965	1.055	
18:1 c	g 0.6	70	0.099	3	A	1	3.955	1.052	
18:1 t	-	02	0.001	3	A	1	0.010	0.003	
18:1-11 t (18:1t n-7)	-								
20:1	-		0.001	3	A	1	0.084	0.022	
22:1 undifferentiated	•		0.000	3	AS	1	0.000	0.000	
22:1 c	-		0.000	3	A A	1 1	0.000	0.000	
22:1 t 24:1 c	-		0.000	3	A	1	0.000	0.000 0.000	
Fatty acids, total polyunsaturated			0.000	0	NC	4	9.318	2.480	
18:2 undifferentiated			0.303	3	AS	1	7.967	2.120	
18:2 n-6 c,c	-		0.305	3	A	1	7.896	2.101	
18:2 CLAs	-	01	0.000	3	A	1	0.008	0.002	
18:2 t,t	-								
18:2 i									
18:2 t not further defined	g 0.0	11	0.003	3	A	1	0.063	0.017	
18:3 undifferentiated			0.038	3	AS	1	1.326	0.353	
18:3 n-3 c,c,c (ALA)			0.038	3	A	1	1.326	0.353	
18:3 n-6 c,c,c		00	0.000	3	A	1	0.000	0.000	
18:3i	-	••	0 000	•	_	•			
18:4	-		0.000	3	A A	1 1	0.000 0.010	0.000 0.003	
20:2 n-6 c,c 20:3 undifferentiated	•		0.000	3	AS	1	0.010	0.003	
20:3 n-3	•		0.000	3	A	1	0.000	0.000	
20:3 n-6	=		0.000	3	A	1	0.000	0.000	
20:4 undifferentiated	•			3	A	1	0.010	0.003	
20:4 n-6	•								
20:5 n-3 (EPA)	•	00	0.000	3	A	1	0.000	0.000	
21:5	g								
22:4	g 0.0	01	0.000	3	A	1	0.006	0.002	
22:5 n-3 (DPA)			0.000	3	A	1	0.000	0.000	
22:6 n-3 (DHA)			0.000	3	A	1	0.000	0.000	
Fatty acids, total trans				0	NC	4	0.073	0.019	
Fatty acids, total trans-monoenoic				0	NC	4	0.010	0.003	
Fatty acids, total trans-polyenoic		TT		0	NC	4	0.063	0.017	
Cholesterol.	-								
Phytosterols	···y								
Amino Acids:									
Tryptophan				0	A	1	0.304	0.081	
Threonine	g 0.1	50		0	A	1	0.885	0.236	

	Amount in 10	00 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.159	0	A	1	0.940	0.250	
Leucine	0.300	0	A	1	1.771	0.471	
Lysine	0.206	0	A	1	1.215	0.323	
Methionineg	0.066	0	A	1	0.389	0.103	
Cystineg	0.051	0	A	1	0.304	0.081	
Phenylalanineg	0.202	0	A	1	1.189	0.316	
Tyrosineg	0.095	0	A	1	0.558	0.148	
Valineg	0.215	0	A	1	1.268	0.337	
Arginineg	0.244	0	A	1	1.440	0.383	
Histidineg	0.112	0	A	1	0.663	0.176	
Alanineg	0.178	0	A	1	1.052	0.280	
Aspartic acidg	0.427	0	A	1	2.521	0.671	
Glutamic acidg	0.628	0	A	1	3.707	0.986	
Glycineg	0.159	0	A	1	0.940	0.250	
Prolineg	0.178	0	A	1	1.049	0.279	
Serine	0.206	0	A	1	1.218	0.324	

Common Measures:

Measure 1 = 590g: 1 serving Measure 2 = 157g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am ou</u>	nt in 100 gr			ble portic	<u>on</u>	Amount in edible portion of common		
			Num					<u>m</u>	easures of fo	<u>5u</u>
							Confidence			
Nutrients and Un	its	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	50.80	2.265	4	A	1		49.78		
Energy		219	2.203	0	NC	4		215		
		916		0	NC	4		898		
Energy			1 207			1				
Protein	-	5.48	1.387	4	A -			5.37		
Total lipid (fat)		5.38	1.670	4	A -	1		5.28		
Ash		1.19	0.278	4	A	1		1.17		
Carbohydrate, by difference		37.14		0	NC	4		36.40		
Fiber, total dietary		2.6	0.550	4	A	1		2.6		
Sugars, total	g	0.87	0.500	3	A	1		0.85		
Sucrose	g	0.33	0.149	4	A	1		0.33		
Glucose (dextrose)	g	0.00	0.000	4	A	1		0.00		
Fructose	g	0.00	0.000	4	A	1		0.00		
Lactose		0.00	0.000	4	A	1		0.00		
Maltose		0.41	0.226	4	A	1		0.40		
Galactose		0.00	0.000	3	A	1		0.00		
Starch										
Minerals:										
	ma	0.0	E4 616					0.7		
Calcium, Ca		89		4	A	1 1		87		
Iron, Fe		1.04	0.483	4	A	1		1.01		
Magnesium, Mg		27	11.793	4	A			26		
Phosphorus, P		117	31.980	4	A	1		115		
Potassium, K		88	28.394	4	A	1		86		
Sodium, Na		270	66.450	4	A	1		265		
Zinc, Zn		0.80	0.217	4	A	1		0.78		
Copper, Cu		0.030	0.008	4	A	1		0.029		
Manganese, Mn		0.116	0.059	4	A	1		0.114		
Selenium, Se	µg	6.1	1.868	4	A	1		6.0		
<u>Vitamins:</u>	ma									
Vitamin C, total ascorbic acid	-	0.070	0 042		A	1		0.060		
Thiamin	_		0.042	4	A	1		0.069		
Riboflavin	-	0.042	0.025	4 4	A	1		0.042		
Niacin	_	0.888						0.870		
Pantothenic acid	-	0.202	0.036	4	A	1		0.198		
Vitamin B-6	ŭ	0.107	0.040	4	A	1		0.105		
Folate, total										
Folate, DFE		4.4		•				4.2		
Choline, total		4.4		0	AS	1		4.3		
Betaine		0.2	2 225	1	A	1		0.2		
Vitamin B-12		0.00	0.000	4	A	1		0.00		
Vitamin A, RAE	1. 7	61		4	AS	1		60		
Vitamin A, IU		213		4	AS	1		209		
Lycopene		0	0.000	4	A	1		0		
Lutein + zeaxanthin		4	1.075	4	A	1		4		
Vitamin E (alpha-tocopherol)		0.29	0.083	4	A	1		0.29		
Tocopherol, beta	g	0.86	0.844	4	A	1		0.85		
Tocopherol, gamma	mg	0.63	0.305	4	A	1		0.62		
Tocopherol, delta	mg	0.37	0.256	4	A	1		0.36		
Tocotrienol, alpha	mg	0.15	0.057	4	A	1		0.14		
Tocotrienol, beta	mg	0.08	0.074	4	A	1		0.08		
Tocotrienol, gamma	mg	0.37	0.160	4	A	1		0.36		
Tocotrienol, delta	mg	0.05	0.008	4	A	1		0.05		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		3.5	2.001	4	A	1		3.5		
Dihydrophylloquinone										
Menaquinone-4		1.0		2	A	1		1.0		

Tryptophan.....g

0.048

0.193

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.902 NC 2.844 4:0.....g 0.100 0.046 4 Α 1 0.098 6:0.....g 0.078 0.038 A 0.076 0.023 0.050 8:0.....g 4 Α 1 0.049 10:0.....g 0.112 0.053 4 Α 1 0.110 0.060 12:0.....g 0.123 Α 1 0.120 13:0.....g 0.404 0.197 4 0.396 14:0.....g Α 1 0.044 0.021 1 4 Α 0.043 1,452 0.601 1,423 16:0.....g Α 1 17:0.....g 0.028 0.013 1 0.028 0.483 0.217 4 Α 1 0.474 18:0.....g 0.013 0.003 4 A 1 0.012 20:0.....g 0.006 0.002 4 Α 1 0.006 22:0.....g 0.004 0.000 Α 0.004 24:0.....g 1 NC 1.514 0 4 1,483 14:1.....g 0.034 0.017 4 Α 1 0.034 0.001 0.001 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.084 0.041 AS 1 0.083 0.070 0.033 А 1 0.069 16:1 c.....g 0.015 0.007 Α 1 0.014 16:1 t.....g 0.010 0.004 4 0.010 17:1.....g Α 1 18:1 undifferentiated......g 1.365 0.476 4 AS 1 1.338 1.270 0.431 4 1 1.245 18:1 c.....g Α 0.095 0.046 Α 1 0.093 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.019 0.006 4 Α 1 0.019 20:1.....g 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 4 Α 1 0.000 0.000 0.000 1 0.000 22:1 t......g Α 0.000 0.000 4 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.989 NC 4 0.969 0.073 18:2 undifferentiated......g 0.899 4 AS 1 0.881 0.825 0.087 A 1 0.808 18:2 n-6 c.c....g 0.013 4 18:2 CLAs......g 0.027 1 0.026 18:2 t,t.....g 18:2 i.....g 0.047 0.022 4 1 0.046 18:2 t not further defined......g 18:3 undifferentiated......g 0.013 0.066 0.065 4 1 AS 18:3 n-3 c,c,c (ALA)......g 0.065 0.012 4 A 1 0.063 0.002 0.001 4 0.001 18:3 n-6 c,c,c.....g Α 1 18:3i.....g 0.001 0.001 4 1 0.000 18:4.....g Α 0.003 0.000 4 А 1 0.003 20:2 n-6 c.c.....g 0.005 0.002 4 0.005 20:3 undifferentiated.....g AS 1 0.000 0.000 4 A 1 0.000 20:3 n-3.....g 0.005 0.002 4 1 20:3 n-6.....g А 0.005 20:4 undifferentiated......g 0.007 0.003 4 1 0.007 Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.003 0.001 4 А 1 0.003 21:5.....g 0.002 0.001 4 0.002 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.003 0.002 А 0.003 0.000 0.000 22:6 n-3 (DHA)......g 4 Α 1 0.000 NC 0.157 0 4 0.154 Fatty acids, total trans-monoenoic......g 0.109 0 NC 4 0.107 0.047 NC 0.046 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 5 4.619 1 5 Phytosterols.....mg Amino Acids:

1

1

Α

Α

0

0.047

0.189

	Amount in 10	Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.207	0	A	1	0.203		
Leucineg	0.671	0	A	1	0.657		
Lysineg	0.228	0	A	1	0.223		
Methionineg	0.131	0	A	1	0.129		
Cystineg	0.097	0	A	1	0.095		
Phenylalanineg	0.276	0	A	1	0.271		
Tyrosineg	0.154	0	A	1	0.151		
Valineg	0.276	0	A	1	0.271		
Arginineg	0.211	0	A	1	0.206		
Histidineg	0.166	0	A	1	0.163		
Alanineg	0.342	0	A	1	0.336		
Aspartic acidg	0.363	0	A	1	0.356		
Glutamic acidg	1.098	0	A	1	1.076		
Glycineg	0.168	0	A	1	0.165		
Prolineg	0.508	0	A	1	0.498		
Serine 9	0.288	0	A	1	0.282		
Hydroxyprolineg	0.200	J	••	-	0.202		

Common Measures:

Measure 1 = 98g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am o</u>	unt in 100 g	rams	s of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nu	m be	r				easures of fo		
						Source	Confidence				
Nutrients and Uni	ts	Mean S	Std. Error P				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	67.39	1.201	. 4	A	1		190.72	170.50		
Energy		146		0	NC	4		412	369		
Energy		610		0	NC	4		1726	1543		
Protein		3.20	0.531	. 4	A	1		9.06	8.10		
Total lipid (fat)	g	3.69	0.765	4	A	1		10.45	9.35		
Ash	_	0.79	0.038	4	A	1		2.24	2.00		
Carbohydrate, by difference	g	24.92		0	NC	4		70.52	63.04		
Fiber, total dietary		0.5	0.063		A	1		1.3	1.2		
Sugars, total		15.26	2.058		A	1		43.20	38.62		
Sucrose		10.47	2.812		A	1		29.63	26.49		
Glucose (dextrose)		0.44	0.369		A	1		1.25	1.12		
Fructose		0.73	0.395		A	1		2.08	1.86		
Lactose		3.62	0.668		A	1		10.24	9.15		
Maltose		0.00	0.000		A	1 1		0.00	0.00		
Galactose		0.00 8.63	0.000		A A	1		0.00 24.41	0.00		
Starch	9	8.63	0.515	4	А	1		24.41	21.82		
Minerals:											
Calcium, Ca	mg	90	20.090		A	1		255	228		
Iron, Fe	mg	0.23	0.063		A	1		0.64	0.57		
Magnesium, Mg		11	2.066		A	1		30	27		
Phosphorus, P		83	17.028		A	1		235	210		
Potassium, K		142	32.068		A	1		403	360		
Sodium, Na		106 0.50	35.399 0.083		A A	1 1		301 1.41	269 1.26		
Zinc, Zn Copper, Cu		0.031			A	1		0.089	0.080		
Manganese, Mn		0.129			A	1		0.365	0.326		
Selenium, Se		3.7	0.013	1	A	1		10.5	9.4		
Vitamins:	ma										
Vitamin C, total ascorbic acid Thiamin	-	0.025	0.006	. 4	A	1		0.070	0.063		
Riboflavin		0.023			A	1		0.276	0.247		
Niacin	_	0.310			A	1		0.877	0.784		
Pantothenic acid	_	0.530		2	A	1		1.500	1.341		
Vitamin B-6	_	0.025		4	A	1		0.070	0.063		
Folate, total	µg										
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12		0.08	0.002	4	A	1		0.21	0.19		
Vitamin A, RAE											
Vitamin A, IU											
Lycopene											
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.21		1	A	1		0.59	0.53		
Tocopherol, beta		0.00		1	A	1		0.00	0.00		
Tocopherol, gamma		1.34		1	A	1		3.79	3.39		
Tocopherol, delta		0.47		1	A	1		1.33	1.19		
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00		
Tocotrienol, beta		0.00		1	A	1		0.00	0.00		
Tocotrienol, gamma	mg	0.03		1	A	1		0.08	0.08		
Tocotrienol, delta	mg	0.00		1	A	1		0.00	0.00		
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 1.899 0 NC 5.376 4.806 4:0.....g 0.047 0.016 4 Α 1 0.133 0.119 6:0.....g 0.035 0.009 A 0.100 0.089 0.005 4 0.079 8:0.....g 0.031 Α 1 0.089 10:0.....g 0.074 0.008 4 Α 1 0.209 0.187 0.169 0.099 12:0.....g Α 1 0.479 0.429 13:0.....g 0.021 0.246 0.697 0.623 14:0.....g 4 Α 1 0.021 0.004 4 1 Α 0.059 0.053 0.914 0.176 2.311 4 2.586 16:0.....g Α 1 17:0.....g 0.014 0.002 1 0.040 0.035 0.335 0.031 4 0.847 Α 1 0.947 18:0.....g 0.007 0.003 4 A 1 0.020 0.018 0.003 0.003 4 Α 1 0.010 0.009 22:0.....g 0.002 0.001 0.006 0.005 24:0.....g Α 1 NC 1.018 0 4 2.882 2.577 14:1.....g 0.017 0.003 4 Α 1 0.047 0.042 0.000 0.000 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.042 0.008 4 AS 1 0.118 0.106 0.035 0.006 А 1 0.099 0.088 16:1 c......g 0.007 0.002 4 Α 1 0.020 0.018 16:1 t.....g 0.000 0.000 0.000 4 0.000 17:1......g Α 1 18:1 undifferentiated......g 0.952 0.251 4 AS 1 2.695 2.409 0.210 2.385 2.132 0.843 4 1 18:1 c.....g Α 0.109 0.041 Α 1 0.310 0.277 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.008 0.004 4 Α 1 0.022 0.020 20:1.....g 0.000 0.000 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 4 Α 1 0.000 0.000 0.000 0.000 1 0.000 0.000 22:1 t......g Α 0.000 0.000 4 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 0.443 NC 4 1.253 1.120 0.254 18:2 undifferentiated......g 0.395 AS 1 1.117 0.999 0.353 0.244 A 1 1.000 0.894 18:2 n-6 c.c....g 0.002 4 18:2 CLAs......g 0.012 1 0.035 0.031 18:2 t,t.....g 18:2 i.....g 0.029 0.012 1 0.082 0.073 18:2 t not further defined......g 4 Α 18:3 undifferentiated......g 0.027 0.039 0.110 0.098 4 1 AS 18:3 n-3 c,c,c (ALA)......g 0.038 0.027 A 1 0.109 0.097 4 0.001 0.000 4 0.001 0.001 18:3 n-6 c,c,c.....g Α 1 18:3i.....g 0.000 0.000 1 0.000 0.000 4 18:4.....g Α 0.001 0.001 4 А 1 0.001 0.001 20:2 n-6 c.c.....g 0.003 0.001 4 0.008 0.007 20:3 undifferentiated.....g AS 1 0.000 0.000 4 A 1 0.000 0.000 20:3 n-3.....g 0.003 0.001 4 1 20:3 n-6.....g А 0.008 0.007 0.003 0.001 4 1 0.009 0.008 20:4 undifferentiated......g Α 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.000 0.000 4 А 1 0.000 0.000 21:5......a 0.001 0.000 0.001 0.001 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.002 0.000 А 1 0.006 0.005 0.000 0.000 0.000 22:6 n-3 (DHA)......g 4 Α 1 0.000 NC 0.145 0 4 0.411 0.367 Fatty acids, total trans-monoenoic......g 0.116 0 NC 4 0.329 0.294 0.029 NC 0.082 0.073 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 8 0.972 Α 1 23 21 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.084 1 0.239 0.214 Α 1 0.353 0.125 0 Α 0.316

	Amount in 10	0 grams Number		ble portion		Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Error			Source Confiden Code Code	ce Measure 1	Measure 2	Measure 3	
Isoleucineg	0.158	0	A	1	0.448	0.401		
Leucineg	0.287	0	A	1	0.813	0.727		
Lysineg	0.336	0	A	1	0.952	0.851		
Methionine9	0.075	0	A	1	0.211	0.189		
Cystineg	0.042	0	A	1	0.119	0.107		
Phenylalanineg	0.167	0	A	1	0.473	0.423		
Tyrosineg	0.154	0	A	1	0.437	0.391		
Valineg	0.196	0	A	1	0.554	0.495		
Arginineg	0.163	0	A	1	0.462	0.413		
Histidineg	0.109	0	A	1	0.309	0.276		
Alanineg	0.130	0	A	1	0.367	0.328		
Aspartic acidg	0.259	0	A	1	0.732	0.654		
Glutamic acidg	0.634	0	A	1	1.793	1.603		
Glycineg	0.084	0	A	1	0.237	0.212		
Prolineg	0.292	0	A	1	0.827	0.739		
Serineg	0.158	0	A	1	0.448	0.401		
Hydroxyprolineg								

Common Measures:

Measure 1 = 283g: 1 serving Measure 2 = 253g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am o</u> u	unt in 100 g	Amount in 100 grams of edible portion										
			Nu	m be i	r			Amount in edible portion of common measures of food						
						Source	Confidence	_		-				
Nutrients and Uni	ts	Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure 3				
Proximates: Water	a	75.91	0.920	5	A	1		186.74						
Energy		103	0.520	0	NC	4		253						
Energy		430		0	NC	4		1057						
Protein		5.10	0.433		A	1		12.54						
Total lipid (fat)		2.57	0.661	5	A	1		6.32						
Ash		1.63	0.189	5	A	1		4.01						
Carbohydrate, by difference	g	14.79		0	NC	4		36.38						
Fiber, total dietary	g	4.9	0.227	5	A	1		12.1						
Sugars, total	g	0.89	0.049	5	A	1		2.19						
Sucrose	g	0.54	0.092	5	A	1		1.34						
Glucose (dextrose)	g	0.00	0.000	5	A	1		0.00						
Fructose	g	0.35	0.093		A	1		0.86						
Lactose		0.00	0.000		A	1		0.00						
Maltose	g	0.00	0.000		A	1		0.00						
Galactose		0.00	0.000		A	1		0.00						
Starch	g	7.86	0.497	5	A	1		19.34						
Minerals:														
Calcium, Ca	-	42	3.000		A	1		104						
Iron, Fe		1.76	0.074		A	1		4.33						
Magnesium, Mg		41 109	3.155 8.356		A A	1 1		100 267						
Phosphorus, P Potassium, K		340	22.863		A	1		836						
Sodium, Na		311	33.802		A	1		765						
Zinc, Zn		0.67	0.040		A	1		1.65						
Copper, Cu		0.161	0.009		A	1		0.396						
Manganese, Mn		0.326	0.022	5	A	1		0.801						
Selenium, Se	µg	9.1		2	A	1		22.4						
Vitamins:														
Vitamin C, total ascorbic acid	mg													
Thiamin	mg	0.060		2	A	1		0.148						
Riboflavin	mg	0.025		2	A	1		0.061						
Niacin	mg	0.675		2	A	1		1.661						
Pantothenic acid	-	0.170		2	A	1		0.418						
Vitamin B-6		0.096		2	A	1		0.236						
Folate, total														
Folate, DFECholine, total		35.2		0	AS	1		86.5						
Betaine		0.5		1	A5 A	1		1.3						
Vitamin B-12		0.00		2	A	1		0.00						
Vitamin A, RAE		1		0	AS	1		2						
Vitamin A, IU		2		0	AS	1		6						
Lycopene														
Lutein + zeaxanthin														
Vitamin E (alpha-tocopherol)		0.07		2	A	1		0.18						
Tocopherol, beta	mg	0.01		2	A	1		0.03						
Tocopherol, gamma	mg	1.78		2	A	1		4.38						
Tocopherol, delta		0.14		2	A	1		0.35						
Tocotrienol, alpha		0.01		2	A	1		0.01						
Tocotrienol, beta	-	0.00		2	A	1		0.00						
Tocotrienol, gamma		0.01		2	A	1		0.02						
Tocotrienol, delta		0.00		2	A	1		0.00						
Vitamin D (D2 + D3)														
Vitamin D2 (ergocalciferol)														
Vitamin D3 (cholecalciferol)														
Vitamin D Vitamin K (phylloquinone)		6.0		2	A	1		14.8						
Dihydrophylloquinone		0.0		-		-		14.0						
Menaquinone-4		0.4		2	A	1		0.9						

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.535 0 NC 1.316 4:0.....g 0.006 0.004 5 Α 1 0.015 6:0.....g 0.004 0.003 A 0.009 0.002 5 0.004 8:0.....g Α 1 0.010 10:0.....g 0.007 0.004 5 Α 1 0.017 0.004 5 0.006 12:0.....g Α 1 0.016 13:0.....g 0.014 5 0.023 0.057 14:0.....g Α 1 0.003 0.001 5 1 Α 0.008 0.349 0.070 5 0.857 16:0.....g Α 1 17:0.....g 0.005 0.001 5 1 0.012 0.109 0.027 5 Α 1 0.269 18:0.....g 0.008 0.003 5 A 1 0.019 0.006 0.001 5 Α 1 0.014 22:0.....g 0.005 0.001 5 A 0.012 24:0.....g 1 0 NC 1.035 4 2.545 14:1.....g 0.002 0.001 5 А 1 0.005 0.000 0.000 5 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.021 0.004 5 AS 1 0.052 0.020 0.004 5 Α 1 0.050 16:1 c......g 0.001 0.001 5 А 1 0.002 16:1 t.....g 0.003 0.001 5 0.008 1 17:1.....g Α 18:1 undifferentiated......g 0.998 0.587 5 AS 1 2.454 0.988 0.587 5 Α 1 2.430 18:1 c.....g 0.010 0.003 5 Α 1 0.024 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.003 5 20:1.....g 0.010 Α 1 0.024 0.000 0.000 AS 1 0.001 22:1 undifferentiated......g 0.000 5 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 5 1 0.000 22:1 t......g Α 0.000 5 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.787 NC 1.935 0.216 5 18:2 undifferentiated......g 0.559 AS 1 1.374 0.550 0.214 5 A 1 1.352 18:2 n-6 c.c....g 0.001 5 18:2 CLAs......g 0.002 1 0.006 18:2 t,t.....g 18:2 i.....g 0.007 0.002 5 1 0.016 18:2 t not further defined......g 18:3 undifferentiated......g 0.036 0.216 5 0.532 1 AS 18:3 n-3 c,c,c (ALA)......g 0.216 0.036 5 A 1 0.532 0.000 0.000 5 0.000 18:3 n-6 c,c,c.....g Α 1 18:3i.....g 0.000 0.000 5 1 0.000 Α 18:4.....g 0.002 0.001 5 Α 1 0.004 20:2 n-6 c.c.....g 0.001 0.000 5 AS 0.002 20:3 undifferentiated.....g 1 0.000 0.000 5 A 1 0.000 20:3 n-3.....g 0.001 0.000 5 1 20:3 n-6.....g А 0.002 20:4 undifferentiated......g 0.007 0.006 5 1 0.018 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.000 5 А 1 0.002 0.001 0.000 5 0.001 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.001 0.000 5 А 1 0.001 0.000 0.000 5 22:6 n-3 (DHA)......g Α 1 0.000 0.018 NC 0 4 0.044 Fatty acids, total trans-monoenoic......g 0.011 0 NC 4 0.027 0.007 NC 0.016 Fatty acids, total trans-polyenoic.......g 0.490 Cholesterol....mg 1 5 Α 1 2 Phytosterols.....mg Amino Acids: 0.092 Tryptophan.....g 0.038 1 Α 0.172 1 0.424 0 Α

	Amount in	-		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Err		Deriv		Confidence Code		Measure 2	Measure 3
Isoleucineg	0.161	0	A	1		0.395		
Leucineg	0.319	0	A	1		0.784		
Lysineg	0.268	0	A	1		0.658		
Methionineg	0.097	0	A	1		0.239		
Cystineg	0.038	0	A	1		0.092		
Phenylalanineg	0.159	0	A	1		0.391		
Tyrosineg	0.130	0	A	1		0.321		
Valineg	0.205	0	A	1		0.504		
Arginineg	0.348	0	A	1		0.857		
Histidineg	0.087	0	A	1		0.214		
Alanineg	0.349	0	A	1		0.859		
Aspartic acidg	0.384	0	A	1		0.945		
Glutamic acidg	0.723	0	A	1		1.778		
Glycineg	0.579	0	A	1		1.424		
Prolineg	0.363	0	A	_ 1		0.894		
Serine	0.202	0	A	- 1		0.497		
Hydroxyprolineg		J		_		0.257		

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Nutrients and Unit Proximates: Water. Energy	s		Nu	m be	-				dible portion	
Proximates: Water	s					measures of food				
Proximates: Water	s		of			Source	Confidence			
Water		Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure 3
Water										
	~	15.20	5 006	•	_	-		10 81		
		15.30 462	5.086	3 0	A NC	1 4		10.71 324		
==		1935		0	NC	4		1355		
Energy Protein		8.02	0.717		A	1		5.61		
Total lipid (fat)	_	26.24	1.738		A	1		18.37		
Ash		1.87	0.550		A	1		1.31		
Carbohydrate, by difference	_	48.57	0.550	0	NC	4		34.00		
Fiber, total dietary		1.5	0.252		A	1		1.0		
Sugars, total		12.24	3.295		A	1		8.57		
•		7.33	1.469		A	1		5.13		
Sucrose		2.20	2.197		A	1		1.54		
Glucose (dextrose) Fructose		2.38	2.383		A	1		1.67		
LactoseLactose		0.00	0.000		A	1		0.00		
Lactose Maltose		0.34	0.193		A	1		0.24		
Galactose		0.00	0.000		A	1		0.00		
Starch		32.40	0.721		A	1		22.68		
Minerals:										
Calcium, Ca	ma	215	59.246	3	A	1		151		
Iron, Fe		1.78	0.295		A	1		1.25		
Magnesium, Mg		19	1.431		A	1		13		
Phosphorus, P	-	157	37.977		A	1		110		
Potassium, K		104	7.262	3	A	1		73		
Sodium, Na		418	125.287	3	A	1		292		
Zinc, Zn		0.91	0.113	3	A	1		0.63		
Copper, Cu	mg	0.041	0.016	3	A	1		0.028		
Manganese, Mn	mg	0.391	0.218	3	A	1		0.273		
Selenium, Se	µg	10.7	2.805	3	A	1		7.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.113	0.048	3	A	1		0.079		
Riboflavin	mg	0.143	0.023	3	A	1		0.100		
Niacin	mg	1.967	0.331	3	A	1		1.377		
Pantothenic acid	mg	0.343	0.050	3	A	1		0.240		
Vitamin B-6	mg	0.063	0.008	3	A	1		0.044		
Folate, total										
Folate, DFE										
Choline, total		43.8		0	AS	1		30.7		
Betaine	_	15.9		1	A	1		11.1		
Vitamin B-12										
Vitamin A, RAE	1. 7									
Vitamin A, IU										
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.98	0.437	3	A	1		0.68		
Tocopherol, beta		0.11	0.065		A	1		0.08		
Tocopherol, gamma		5.62	4.116		A	1		3.93		
Tocopherol, delta		2.07	1.514		A	1		1.45		
Tocotrienol, alpha		0.02	0.013		A	1		0.01		
Tocotrienol, beta		0.12	0.035	3	A	1		0.08		
Tocotrienol, gamma		0.02	0.018	3	A	1		0.01		
Tocotrienol, delta	mg	0.01	0.010	3	A	1		0.01		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		25.8	11.975		A	1		18.1		
Dihydrophylloquinone Menaquinone-4		11.1 2.1	0.617	2	A A	1 1		7.8 1.5		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 6.834 0 NC 4.784 4:0.....g 0.067 0.033 3 Α 1 0.047 6:0.....g 0.048 0.025 A 0.034 0.013 3 8:0.....g 0.042 Α 1 0.029 10:0.....g 0.076 0.027 3 Α 1 0.053 0.082 0.031 3 12:0.....g Α 1 0.057 13:0.....g 0.039 0.366 3 14:0.....g Α 1 0.256 0.036 0.009 3 1 15:0......g Α 0.025 3.888 0.909 3 2,722 16:0.....g Α 1 17:0.....g 0.062 0.015 3 1 0.043 2.017 0.489 3 Α 1 1.412 18:0.....g 0.078 0.011 3 A 1 0.054 20:0.....g 0.050 0.016 3 Α 1 0.035 22:0.....g 0.020 0.006 3 0.014 24:0.....g Α 1 NC 9.415 0 4 6.590 14:1.....g 0.024 0.009 3 Α 1 0.017 0.000 0.000 3 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.232 0.121 3 AS 1 0.163 0.219 0.121 3 Α 1 16:1 c.....g 0.153 0.014 0.002 3 А 1 0.010 16:1 t.....g 0.038 0.015 3 0.027 17:1.....g Α 1 18:1 undifferentiated......g 8.952 1.139 3 AS 1 6.266 8.390 1.145 5.873 3 Α 1 18:1 c.....g 0.562 0.200 3 Α 1 0.393 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.021 3 0.157 Α 1 0.110 20:1.....g 0.003 0.007 AS 1 0.005 22:1 undifferentiated......g 0.001 3 22:1 c.....g 0.005 Α 1 0.003 0.002 0.002 3 1 0.002 22:1 t......g Α 0.002 3 0.004 Α 1 0.003 Fatty acids, total polyunsaturated......g 7.090 NC 4 4.963 2.218 18:2 undifferentiated......g 6.301 3 AS 1 4.410 6.063 2.227 3 A 1 4.244 18:2 n-6 c.c....g 0.003 3 18:2 CLAs......g 0.037 1 0.026 18:2 t,t.....g 18:2 i.....g 0.200 0.071 3 1 0.140 18:2 t not further defined......g 18:3 undifferentiated......g 0.382 3 0.677 0.474 1 AS 18:3 n-3 c,c,c (ALA)......g 0.673 0.382 3 A 1 0.471 0.001 3 0.004 18:3 n-6 c,c,c.....g Α 1 0.003 18:3i.....g 0.000 0.000 3 1 0.000 18:4.....g Α 0.047 0.036 3 А 1 0.033 20:2 n-6 c.c.....g 0.015 0.008 3 AS 0.011 20:3 undifferentiated.....g 1 0.005 0.005 3 A 1 0.003 20:3 n-3.....g 0.010 0.003 3 1 20:3 n-6.....g А 0.007 0.025 0.006 3 1 0.018 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.007 0.001 3 А 1 0.005 21:5.....g 0.007 0.004 3 0.005 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.005 0.001 3 А 1 0.004 0.002 3 22:6 n-3 (DHA)......g 0.006 Α 1 0.004 NC 0.778 0 4 0.545 Fatty acids, total trans-monoenoic......g 0.578 0 NC 4 0.405 0.200 0.140 Fatty acids, total trans-polyenoic.......g Cholesterol....mg Phytosterols.....mg Amino Acids: 0.091 0.064 Tryptophan.....g 1 0.176 0.251 0 Α

	Amount in 10	Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Erro			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
	0.211	•			0.010		
Isoleucineg	0.311	0	A	1	0.218		
Leucineg	0.632	0	A	1	0.443		
Lysineg	0.332	0	A	1	0.232		
Methionineg	0.162	0	A	1	0.113		
Cystineg	0.121	0	A	1	0.085		
Phenylalanineg	0.381	0	A	1	0.267		
Tyrosineg	0.223	0	A	1	0.156		
Valineg	0.385	0	A	1	0.269		
Arginineg	0.302	0	A	1	0.211		
Histidineg	0.190	0	A	1	0.133		
Alanineg	0.251	0	A	1	0.176		
Aspartic acidg	0.451	0	A	1	0.315		
Glutamic acid	2.295	0	A	1	1.606		
Glycineg	0.224	0	A	1	0.157		
Proline	0.824	0	A	1	0.577		
Serine 9	0.418	0	A	1	0.293		
Hydroxyprolineg	0.410	v	A	-	0.233		

Common Measures:

Measure 1 = 70g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am</u>	ount in 100	grams	Amount in edible portion of common					
			Nı	um be	r				easures of fo	
						Source C	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	61.12	1.15	5 5	A	1		86.18		
Energy		174		0	NC	4		245		
Energy		727		0	NC	4		1025		
Protein		12.02	1.99	6 5	A	1		16.95		
Total lipid (fat)	g	5.06	0.57	4 5	A	1		7.14		
Ash	g	1.77	0.14	4 5	A	1		2.49		
Carbohydrate, by difference	g	20.03		0	NC	4		28.24		
Fiber, total dietary	g	1.2	0.09	3 5	A	1		1.6		
Sugars, total	g	0.55	0.20		A	1		0.77		
Sucrose	g	0.13			A	1		0.18		
Glucose (dextrose)	g	0.21			A	1		0.30		
Fructose		0.21			A	1		0.29		
Lactose		0.00			A	1		0.00		
Maltose		0.00			A	1		0.00		
Galactose		0.00			A	1		0.00		
Starch	g	17.76	2.24	6 5	A	1		25.04		
Minerals:										
Calcium, Ca	-	18	2.92		A	1		26		
Iron, Fe		0.95 18			A A	1 1		1.35		
Magnesium, Mg	-	18 122	3.03 19.85		A A	1		26 172		
Phosphorus, P Potassium, K		184	36.57		A	1		260		
Sodium, Na		518	42.49		A	1		731		
Zinc, Zn		0.78			A	1		1.11		
Copper, Cu		0.07			A	1		0.107		
Manganese, Mn		0.30	4 0.03	2 5	A	1		0.429		
Selenium, Se	µg	14.5	3.52	8 5	A	1		20.5		
Vitamins:										
Vitamin C, total ascorbic acid	-									
Thiamin		0.10			A	1		0.147		
Riboflavin		0.05			A	1		0.079		
Niacin	-	5.55			A	1		7.837		
Pantothenic acid		0.96			A	1		1.356		
Vitamin B-6	•	0.17	6 0.03	6 5	A	1		0.248		
Folate, totalFolate, DFE										
Choline, total										
Betaine										
Vitamin B-12		0.16	0.01	4 5	A	1		0.23		
Vitamin A, RAE										
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)		0.50			A	1		0.70		
Tocopherol, beta		0.02			A	1		0.03		
Tocopherol, gamma	-	1.09			A	1		1.54		
Tocopherol, delta		0.35			A	1		0.50		
Tocotrienol, alpha		0.01 0.00			A A	1 1		0.02 0.00		
Tocotrienol, beta Tocotrienol, gamma		0.10			A	1		0.00		
Tocotrienol, gamma		0.00			A	1		0.00		
Vitamin D (D2 + D3)		0.00	0.00	•		-		0.00		
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		4.0	0.76	8 5	A	1		5.7		
Dihydrophylloquinone	µg	0.4	0.27	1 5	A	1		0.5		
Menaquinone-4		4.8	0.93	8 5	A	1		6.8		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 1.101 0 NC 1.553 4:0.....g 6:0.....g 0.000 0.000 Α 0.000 0.000 0.000 3 0.000 8:0.....g Α 1 10:0.....g 0.007 0.000 4 Α 1 0.010 0.000 0.002 12:0......g 1 Α 0.003 13:0.....g 0.004 0.022 4 0.031 14:0.....g Α 1 0.003 0.000 1 0.004 Α 0.804 0.169 1 Α 1.134 16·0 a 17:0.....g 0.005 0.001 1 0.008 0.238 0.041 4 Α 0.335 1 18:0.....g 0.009 0.002 4 A 1 0.013 20:0.....g 22:0 a 0.006 0.001 4 Α 1 0.008 0.004 0.000 A 1 0.006 24:0.....g 1.799 NC 2.536 Fatty acids, total monounsaturated.....g 4 14:1.....g 0.005 0.002 4 Α 1 0.007 0.000 0.000 0.000 15:1......g Α 1 16:1 undifferentiated......g 0.162 0.065 AS 1 0.228 16:1 c.....g 0.161 0.064 Α 1 0.226 16:1 t.....g 0.001 0.001 4 Α 1 0.001 0.007 0.001 4 0.010 17:1.....g Α 1 18:1 undifferentiated......g 1.606 0.374 4 AS 1 2.264 1.564 0.364 A 1 2.205 18:1 c.....g 0.042 0.019 Α 1 0.059 18:1-11 t (18:1t n-7)......g 20:1.....g 0.016 0.003 4 Α 1 0.023 0.001 22:1 undifferentiated......g 0.001 AS 1 0.001 0.001 0.001 22:1 c.....g 4 Α 1 0.001 0.000 0.000 Α 0.000 22:1 t.....g 0.000 24:1 c.....g 0.002 4 Α 1 0.003 Fatty acids, total polyunsaturated......g 1.564 NC 4 2,205 1.382 0.289 18:2 undifferentiated......g 4 AS 1 1,949 18:2 n-6 c,c.....g 1.360 0.283 A 1.918 0.005 0.001 4 1 18:2 CLAs.....g 0.007 18:2 t,t.....g 18:2 i.....g 0.017 0.007 1 0.024 18:2 t not further defined......g 18:3 undifferentiated.....g 0.022 0.121 4 0.170 AS 1 18:3 n-3 c,c,c (ALA)......g 0.115 0.023 A 1 0.162 0.006 0.002 1 0.008 Α 18:3i.....g 0.001 0.000 1 0.001 18:4.....g Α 0.005 0.001 4 A 1 0.007 20:2 n-6 c.c....g 0.010 0.001 4 AS 1 0.014 0.000 0.000 4 Α 1 0.000 20:3 n-3.....g 0.010 0.001 Α 1 0.014 20:4 undifferentiated.....g 0.031 0.003 Α 1 0.044 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.001 0.001 4 А 1 0.001 21:5......g 0.007 0.001 4 1 0.010 22:4.....g Α 22:5 n-3 (DPA).....g 0.003 0.000 А 0.005 0.003 0.000 4 Α 1 0.005 0.060 NC 0 4 0.084 0.043 NC Fatty acids, total trans-monoenoic......g 0 4 0.061 0.017 NC 4 Fatty acids, total trans-polyenoic......g 0 0.024 Cholesterol....mg 36 4.368 5 Α 1 51 Phytosterols.....mg Amino Acids: 0.158 0.223 Tryptophan.....g 1 0.702 0.498 0 Α

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	0.549	0	A	1		0.773		
Leucineg	0.933	0	A	1		1.315		
Lysine	0.925	0	A	1		1.304		
Methionine9	0.306	0	A	1		0.431		
Cystineg	0.150	0	A	1		0.211		
Phenylalanineg	0.514	0	A	1		0.725		
Tyrosine	0.314	0	A	1		0.492		
Valineg	0.619	0	A	1		0.873		
-	0.796	0	A	1		1.122		
Arginine	0.798	0	A	1		0.562		
Alanineg	0.680	0	A	1		0.959		
	1.109	0		1		1.563		
Aspartic acid		·	A	1				
Glutamic acidg	1.879	0	A	1		2.650		
Glycineg	0.585	0	A	1		0.825		
Prolineg	0.510	0	A	1		0.720		
Serineg	0.469	0	A	1		0.661		
Hydroxyprolineg								

Common Measures:

Measure 1 = 141g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	nt in 100 gr	am s	of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source	Confidence				
Nutrients and Ur	nits	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	37.50	4.442	3	A	1		33.38			
Energy		335		0	NC	4		298			
Energy		1403		0	NC	4		1249			
Protein		11.31	1.233	3	A	1		10.07			
Total lipid (fat)		18.37	0.497	3	A	1		16.35			
Ash	-	1.63	0.010	3	A	1		1.45			
Carbohydrate, by difference		31.19		0	NC	4		27.76			
Fiber, total dietary		2.0	0.120	3	A	1		1.8			
Sugars, total		1.84	0.822	3	A	1		1.64			
Sucrose		0.00	0.000	3	A	1		0.00			
Glucose (dextrose)		0.40	0.165	3	A	1		0.35			
Fructose	g	0.38	0.170	3	A	1		0.34			
Lactose		0.00	0.000	3	A	1		0.00			
Maltose	g	1.06	0.528	3	A	1		0.94			
Galactose		0.00	0.000	3	A	1		0.00			
Starch	g	26.13	1.670	3	A	1		23.26			
Minerals:											
Calcium, Ca	ma	20	7.670	3	A	1		18			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.70	0.625	3	A	1		2.40			
Magnesium, Mg		21	4.158	3	A	1		18			
Phosphorus, P		103	15.100	3	A	1		91			
Potassium, K		190	24.443	3	A	1		169			
Sodium, Na	mg	440	31.593	3	A	1		392			
Zinc, Zn	mg	1.86	0.111	3	A	1		1.65			
Copper, Cu		0.097	0.024	3	A	1		0.086			
Manganese, Mn	mg	0.267	0.112	3	A	1		0.237			
Selenium, Se	µg	24.8	5.225	3	A	1		22.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		0	RA	4		0.6			
Thiamin	mg	0.277	0.113	3	A	1		0.246			
Riboflavin	mg	0.190	0.055	3	A	1		0.169			
Niacin	mg	4.663	1.111	3	A	1		4.150			
Pantothenic acid	mg	0.490	0.059	3	A	1		0.436			
Vitamin B-6	mg	0.148	0.003	3	A	1		0.132			
Folate, total	µg	45		0	RA	4		40			
Folic acid	µg	34		0	RA	4		30			
Folate, food	µg	11		0	RA	4		10			
Folate, DFE	µg	69		0	NC	4		61			
Choline, total	mg	30.3		0	RA	4		27.0			
Betaine	mg										
Vitamin B-12		0.76	0.053		A	1		0.68			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		18		0	NC	4		16			
Retinol		10		0	RA	4		9			
Carotene, beta		73	48.360	3	A	1		65			
Carotene, alpha		0	0.000	3	A -	1		0			
Cryptoxanthin, beta		33	21.144	3	A	1		29			
Vitamin A, IU		183	000 10-	0	NC	4		163			
Lycopene		417	270.193	3	A	1		371			
Lutein + zeaxanthin		174	77.522	3	A	1		155			
Vitamin E (alpha-tocopherol)		0.73	0.245	3 0	A Z	1 7		0.65			
Vitamin E, added		0.00	0 007					0.00			
Tocopherol, beta		0.07	0.027	3	A	1		0.06			
Tocopherol, gamma		2.52	0.909	3	A A	1 1		2.24			
Tocopherol, delta		1.00	0.588	3	A A			0.89			
Tocotrienol, alpha Tocotrienol, beta		0.07 0.00	0.052 0.000	3	A A	1 1		0.06 0.00			

	<u>A</u>	mou	nt in 10	00 gr	am s	of edil	ole porti	<u>on</u>		dible portion o	
				Nun	nber				<u>m (</u>	easures of foo	<u>d</u>
								Confidence			
Nutrients and Units	Mean	Sto	d. Error	Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg		07		061	3	A	1		0.06		
Tocotrienol, deltamg	0.	.00	0.	000	3 0	A RA	1 4		0.00 0.2		
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.	- 4			U	KA	4		0.2		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg											
Vitamin D	7				0	RA	4		6		
Vitamin K (phylloquinone)µg	6.	1	3.	517	3	A	1		5.5		
Dihydrophylloquinoneµg	5.	7	2.	970	3	A	1		5.1		
Menaquinone-4µg	2.	6	0.	142	3	A	1		2.3		
Lipids:											
Fatty acids, total saturated	5.	156			0	NC	4		4.589		
4:0g	0.	000			0	RA	4		0.000		
6:0g		000	0.	000	3	A	1		0.000		
8:0g		000			0	RA	4		0.000		
10:0g		021		003	3	A	1		0.019		
12:0g	0.	009	0.	001	3	A	1		0.008		
13:0g	0	101	•	017	,	A	1		0.150		
14:0g 15:0g		191 021		017 003	3	A	1		0.170 0.019		
16:0g		102		187	3	A	1		2.761		
17:0g		067		006	3	A	1		0.060		
18:0g		675		204	3	A	1		1.491		
20:0g	0.	039	0.	002	3	A	1		0.035		
22:0g	0.	020	0.	009	3	A	1		0.018		
24:0g	0.	010	0.	002	3	A	1		0.009		
Fatty acids, total monounsaturatedg	7.	121			0	NC	4		6.338		
14:1g		030		011	3	A	1		0.026		
15:1g		000		000	3	A	1		0.000		
16:1 undifferentiatedg		303		010	3	AS	1		0.270		
16:1 cg		290		009	3	A	1		0.258		
16:1 tg		013		001	3 3	A A	1 1		0.012 0.001		
17:19 18:1 undifferentiated		703		583	3	AS	1		5.965		
18:1 cg		030		348	3	A	1		5.367		
18:1 tg		672		282	3	A	1		0.598		
18:1-11 t (18:1t n-7)g											
20:1g	0.	082	0.	015	3	A	1		0.073		
22:1 undifferentiatedg	0.	001	0.	000	3	AS	1		0.001		
22:1 cg	0.	001	0.	000	3	A	1		0.001		
22:1 tg		000		000	3	A	1		0.000		
24:1 cg		003	0.	000	3	A	1		0.002		
Fatty acids, total polyunsaturated		268			0	NC	4		3.798		
18:2 undifferentiatedg		848		555	3	AS	1		3.425		
18:2 n-6 c,cg		665 042		560	3 3	A A	1 1		3.262		
18:2 CLAs	0.	042	0.	006	3	A	1		0.038		
18:2 i,g											
18:2 t not further definedg	0.	141	0.	047	3	A	1		0.125		
18:3 undifferentiatedg		304			3	AS	1		0.271		
18:3 n-3 c,c,c (ALA)g	0.	301	0.	131	3	A	1		0.268		
18:3 n-6 c,c,cg	0.	003	0.	001	3	A	1		0.003		
18:3ig											
18:4g	0.	000	0.	000	3	A	1		0.000		
20:2 n-6 c,cg		045		017	3	A	1		0.040		
20:3 undifferentiatedg		020		005	3	AS	1		0.017		
20:3 n-3g		007		003	3	A	1		0.007		
20:3 n-6		012		002 004	3 3	A A	1 1		0.011		
20:4 undifferentiated	υ.	023	0.	JU4	3	A	_		0.026		
20:4 n-6	0	002	0 -	000	3	A	1		0.002		
20.5 li-5 (EFA)	J.		٠.		-		-		5.002		
22:4g	0.	800	0.	002	3	A	1		0.007		
22:5 n-3 (DPA)g		800		002		A	1		0.007		

	<u>Am our</u>	nt in 100 g	ram s	Amount in edible portion of common					
		Nu	mber				<u>m</u>	easures of foo	<u>od</u>
		of	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Sto	I. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.002	0.001	. 3	A	1		0.002		
Fatty acids, total transg	0.826		0	NC	4		0.735		
Fatty acids, total trans-monoenoicg	0.686		0	NC	4		0.610		
Fatty acids, total trans-polyenoicg	0.141		0	NC	4		0.125		
Cholesterolmg	26	0.451	. 3	A	1		23		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.118		0	A	1		0.105		
Threonineg	0.413		0	A	1		0.367		
Isoleucineg	0.461		0	A	1		0.410		
Leucineg	0.895		0	A	1		0.797		
Lysineg	0.614		0	A	1		0.546		
Methionineg	0.207		0	A	1		0.184		
Cystineg	0.157		0	A	1		0.139		
Phenylalanineg	0.496		0	A	1		0.442		
Tyrosineg	0.306		0	A	1		0.272		
Valineg	0.511		0	A	1		0.454		
Arginineg	0.577		0	A	1		0.513		
Histidineg	0.309		0	A	1		0.275		
Alanineg	0.578		0	A	1		0.515		
Aspartic acidg	0.820		0	A	1		0.730		
Glutamic acidg	2.542		0	A	1		2.262		
Glycineg	0.568		0	A	1		0.505		
Prolineg	0.855		0	A	1		0.761		
Serineg	0.454		0	A	1		0.404		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 89g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

	<u>Am</u>	ount in 100 g	rams	s of edi	ble porti	<u>on</u>	Amount in edible portion of common			
		Nu	m be	r			measures of food			
					Source	Confidence	_		_	
Nutrients and Units	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure 3	
D										
Proximates: Waterg	52.10	6 0.555	6	A	1		65.72			
Energykcal	229		0	NC	4		289			
EnergykJ	960		0	NC	4		1210			
Proteing	5.59	9 0.128	6	A	1		7.05			
Total lipid (fat)g	9.03	1 0.905	6	A	1		11.36			
Ashg	1.74	4 0.264	6	A	1		2.19			
Carbohydrate, by differenceg	31.49	9	0	NC	4		39.68			
Fiber, total dietaryg	5.8	0.095	6	A	1		7.3			
Sugars, totalg	1.30	0.161	6	A	1		1.63			
Sucrose9	0.76	6 0.047	6	A	1		0.96			
Glucose (dextrose)9	0.00	0.000	6	A	1		0.00			
Fructose9	0.2	2 0.020	6	A	1		0.27			
Lactoseg	0.00	0.000	6	A	1		0.00			
Maltose9	0.3	2 0.134	6	A	1		0.40			
Galactoseg	0.00	0.000	6	A	1		0.00			
Starchg	23.58	0.469	6	A	1		29.71			
Minerals:										
Calcium, Camg	51	7.296	6	A	1		65			
Iron, Femg	1.40	6 0.074	6	A	1		1.84			
Magnesium, Mgmg	54	2.095	6	A	1		68			
Phosphorus, Pmg	144	4.055	6	A	1		182			
Potassium, Kmg	305	17.440		A	1		384			
Sodium, Namg	305	93.953		A	1		385			
Zinc, Znmg	0.94			A	1		1.19			
Copper, Cumg	0.14			A	1		0.178			
Manganese, Mnmg	0.34			A A	1 1		0.434			
Selenium, Seµg	7.0	0.784	3	А	_		8.8			
Vitamins:										
Vitamin C, total ascorbic acidg										
Thiaminmg	0.0			A	1		0.097			
Riboflavinmg	0.03			A	1		0.038			
Niacinmg	0.86			A	1		1.092			
Pantothenic acidmg	0.30			A	1		0.382			
Vitamin B-6mg	0.1	72 0.017	3	A	1		0.217			
Folate, total										
Folate, DFE	39.6		0	AS	1		49.9			
Choline, totalmg Betainemg	0.8		1	AD A	1		1.0			
Vitamin B-12	0.0		_	A	_		1.0			
Vitamin A, RAE										
Vitamin A, IU										
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)mg	0.36	6 0.059	3	A	1		0.45			
Tocopherol, betamg	0.04	4 0.001	3	A	1		0.05			
Tocopherol, gammamg	4.1			A	1		5.21			
Tocopherol, deltag	0.60	6 0.221	3	A	1		0.84			
Tocotrienol, alphag	0.13	1 0.022	3	A	1		0.13			
Tocotrienol, betag	0.03	2 0.010	3	A	1		0.02			
Tocotrienol, gammamg	0.2	7 0.031	3	A	1		0.34			
Tocotrienol, deltamg	0.03	1 0.007	3	A	1		0.01			
Vitamin D (D2 + D3)µg										
Vitamin D2 (ergocalciferol)µg										
Vitamin D3 (cholecalciferol)µg										
Vitamin DIU										
			2	A	1		9.4			
Vitamin K (phylloquinone)µg	7.4	1.719	3		-		2.4			
Vitamin K (phylloquinone)	0.8	0.394		A	1		1.0			

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.188 0 NC 2.757 4:0.....g 0.004 0.001 6 Α 1 0.005 6:0.....g 0.002 0.001 A 0.003 0.001 0.003 6 8:0.....g Α 1 0.004 10:0.....g 0.008 0.002 6 Α 1 0.010 0.002 6 0.007 12:0.....g Α 1 0.009 13:0.....g 0.012 0.069 6 0.087 14:0.....g Α 1 0.005 0.001 6 1 Α 0.007 1.417 0.182 6 1,786 16:0.....g Α 1 17:0.....g 0.021 0.003 6 1 0.026 0.607 0.106 6 Α 1 0.765 18:0.....g 0.023 0.002 6 A 1 0.030 20:0.....g 0.012 0.001 6 Α 1 0.015 22:0.....g 0.008 0.000 Α 0.010 24:0.....g 1 2.986 NC 0 4 3.763 14:1.....g 0.003 0.000 6 Α 1 0.003 0.000 0.000 6 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.104 0.014 6 AS 1 0.132 0.102 0.014 6 Α 1 0.129 16:1 c.....g 0.002 0.000 6 А 1 0.003 16:1 t.....g 0.015 0.003 6 0.019 17:1.....g Α 1 18:1 undifferentiated......g 2.804 0.376 6 AS 1 3.533 2.769 0.377 6 Α 1 3.489 18:1 c.....g 0.035 0.005 6 Α 1 0.044 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.056 0.007 6 Α 1 0.070 20:1.....g 0.000 0.002 AS 1 0.003 22:1 undifferentiated......g 0.000 22:1 c.....g 0.002 6 Α 1 0.002 0.001 0.000 6 1 0.001 22:1 t......g Α 0.000 0.001 6 Α 1 0.002 Fatty acids, total polyunsaturated......g 2.907 NC 4 3.663 0.186 18:2 undifferentiated......g 2.516 6 AS 1 3.171 2.488 0.185 A 1 3.135 18:2 n-6 c.c....g 0.002 6 18:2 CLAs......g 0.010 1 0.012 18:2 t,t.....g 18:2 i.....g 0.019 0.002 6 1 0.023 18:2 t not further defined......g 18:3 undifferentiated......g 0.035 0.331 0.417 6 1 AS 18:3 n-3 c,c,c (ALA)......g 0.329 0.035 6 A 1 0.415 0.001 0.000 18:3 n-6 c,c,c.....g 6 Α 1 0.002 18:3i.....g 0.000 0.000 6 1 0.000 18:4.....g Α 0.027 0.005 6 А 1 0.034 20:2 n-6 c.c.....g 0.009 0.002 6 AS 0.011 20:3 undifferentiated.....g 1 0.004 0.001 6 A 1 0.006 20:3 n-3.....g 0.004 0.001 6 1 20:3 n-6.....g А 0.006 20:4 undifferentiated......g 0.011 0.002 6 1 0.014 20:4 n-6.....g 20:5 n-3 (EPA).....g 0.003 0.000 6 А 1 0.004 21:5.....g 0.004 0.001 6 0.006 22:4.....g Α 1 22:5 n-3 (DPA).....g 0.003 0.001 6 А 1 0.004 0.001 0.000 22:6 n-3 (DHA)......g 6 Α 1 0.002 NC 0.057 0 4 0.071 Fatty acids, total trans-monoenoic......g 0.038 0 NC 4 0.048 0.019 0.023 Fatty acids, total trans-polyenoic.......g Cholesterol....mg Phytosterols.....mg Amino Acids: 0.055 0.069 Tryptophan.....g 0.212 1 0.267 0 Α

	Amount in 10	Amount in edible portion of common measures of food						
Nutrients and Units	Mean Std. Erro	Number of Data Points	Measure 1	Measure 2	Measure 3			
Isoleucineg	0.219	0	A	1		0.276		
Leucine	0.525	0	A	1		0.661		
Lysineg	0.293	0	A	1		0.369		
Methionineg	0.100	0	A	1		0.126		
Cystineg	0.077	0	A	1		0.098		
Phenylalanineg	0.290	0	A	1		0.365		
Tyrosineg	0.138	0	A	1		0.174		
Valineg	0.258	0	A	1		0.324		
Arginineg	0.293	0	A	1		0.369		
Histidine	0.164	0	A	1		0.207		
Alanine	0.290	0	A	1		0.365		
Aspartic acidg	0.543	0	A	1		0.685		
Glutamic acid	0.969	0	A	1		1.221		
Glycineg	0.209	0	A	1		0.263		
Prolineg	0.300	0	A	1		0.378		
Serine9	0.309	0	A	1		0.389		
Hydroxyprolineg								

Common Measures:

Measure 1 = 126g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr			Amount in edible portion of common measures of food				
				nbei					easures or roo	<u> </u>
							Confidence			
Nutrients and Un	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.36	0.983	6	A	1		58.93		
Energy	kcal	256		0	NC	4		299		
Energy		1070		0	NC	4		1252		
Protein		11.72	0.414	6	A	1		13.71		
Total lipid (fat)	g	13.25	0.901	6	A	1		15.51		
Ash	g	2.27	0.197	6	A	1		2.66		
Carbohydrate, by difference	g	22.39		0	NC	4		26.20		
Fiber, total dietary	g	2.9	0.209	6	A	1		3.4		
Sugars, total		1.20	0.205	6	A	1		1.41		
Sucrose		0.24	0.038	6	A	1		0.28		
Glucose (dextrose)		0.23	0.046	6	A	1		0.27		
Fructose		0.20	0.016	6	A	1		0.23		
Lactose		0.00	0.000	6	A	1		0.00		
Maltose		0.35	0.166	6	A	1		0.41		
Galactose	g	0.18	0.068	6	A	1		0.21		
Starch		18.09	0.868	6	A	1		21.17		
Starcii	9	10.03	0.000	Ŭ		-		21.17		
Minerals:										
Calcium, Ca	mg	325	16.970	6	A	1		381		
Iron, Fe	mg	0.56	0.019	6	A	1		0.66		
Magnesium, Mg	mg	36	0.925	6	A	1		42		
Phosphorus, P	mg	271	10.255	6	A	1		317		
Potassium, K	mg	120	7.523	6	A	1		140		
Sodium, Na	<u>m</u> g	400	65.266	6	A	1		468		
Zinc, Zn	mg	1.87	0.070	6	A	1		2.19		
Copper, Cu	mg	0.037	0.006	6	A	1		0.044		
Manganese, Mn	mg	0.125	0.006	6	A	1		0.147		
Selenium, Se	µg	15.0	0.693	3	A	1		17.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RC	4		0.0		
Thiamin	mg	0.042	0.016	3	A	1		0.049		
Riboflavin	mg	0.127	0.009	3	A	1		0.148		
Niacin	mg	0.483	0.084	3	A	1		0.565		
Pantothenic acid	mg	0.337	0.009	3	A	1		0.394		
Vitamin B-6	mg	0.149	0.008	3	A	1		0.174		
Folate, total	µg	3		0	RC	4		3		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		0	RC	4		3		
Folate, DFE		3		0	NC	4		3		
Choline, total	mg	16.9		0	AS	1		19.8		
Betaine		0.6		1	A	1		0.8		
Vitamin B-12	µg	0.45	0.100	3	A	1		0.52		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	µg	89		0	NC	4		104		
Retinol	µg	87	10.314	3	A	1		102		
Carotene, beta	µg	18		0	RC	4		21		
Carotene, alpha	µg	0		0	RC	4		0		
Cryptoxanthin, beta		1		0	RC	4		1		
Vitamin A, IU		321		0	NC	4		376		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin		2		0	RC	4		2		
Vitamin E (alpha-tocopherol)		0.44	0.064	3	A	1		0.51		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.01	0.001	3	A	1		0.02		
Tocopherol, gamma		1.47	0.242	3	A	1		1.71		
Tocopherol, delta		0.14	0.056	3	A	1		0.16		
Tocotrienol, alpha		0.13	0.028	3	A	1		0.15		
Tocotrienol, beta		0.01	0.002	3	A	1		0.01		

	<u>An</u>	ount in 10	0 gran	s of edi	ible portio	<u>n</u>	Amount in e	edible portion	of common
			N I I.					easures of for	
			Num b		0		<u></u>	cusures or ro	<u>,, , , , , , , , , , , , , , , , , , ,</u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
					-		0.36		
Tocotrienol, gamma			029 3		1 1		0.36		
Tocotrienol, delta			007 3				0.02		
Vitamin D (D2 + D3)			0	RC	4		1.4		
Vitamin D2 (ergocalciferol)µ									
Vitamin D3 (cholecalciferol)µ			_						
Vitamin Dll			0		4		56		
Vitamin K (phylloquinone)		0.	521 3	A	1		1.9		
Dihydrophylloquinone									
Menaquinone-4	ıg 2.9	0.	491 3	A	1		3.4		
Lipids:									
Fatty acids, total saturated	6.4	79	0	NC	4		7.581		
4:09	0.2	31 0.	011 6	A	1		0.270		
6:09	0.1	89 0.	010 6	A	1		0.222		
8:0	0.1	17 0.	006 6	A	1		0.137		
10:09			015 6	A	1		0.314		
12:0			016 6	A	1		0.348		
13:09							0.010		
14:09		63 0.	051 6	A	1		1.127		
15:09			005 6		1		0.120		
16:09			188 6		1		3.449		
17:09			005 6		1		0.079		
18:09	•		080 6		1		1.457		
-					1				
20:0			001 6		1		0.029		
22:0			001 6				0.012		
24:09			000 6		1		0.008		
Fatty acids, total monounsaturated9			0		4		3.991		
14:19			004 6		1		0.087		
15:19			000 6		1		0.001		
16:1 undifferentiatedQ			020 6		1		0.235		
16:1 c9			019 6		1		0.197		
16:1 t9	0.0	32 0.	002 6	A	1		0.038		
17:1g		24 0.	003 6	A	1		0.028		
18:1 undifferentiated	3.0	79 0.	283 6	AS	1		3.602		
18:1 c9	2.8	25 0.	274 6	A	1		3.306		
18:1 t9	0.2	53 0.	018 6	A	1		0.296		
18:1-11 t (18:1t n-7)	1								
20:19	0.0	30 0.	004 6	A	1		0.035		
22:1 undifferentiated9	0.0	01 0.	000 6	AS	1		0.001		
22:1 c9	0.0	01 0.	000 6	A	1		0.001		
22:1 tg	0.0	00 0.	000 6	A	1		0.000		
24:1 cg	0.0	01 0.	000 6	A	1		0.001		
Fatty acids, total polyunsaturated	1.5	55	0	NC	4		1.819		
18:2 undifferentiated	1.3	93 0.	113 6	AS	1		1.630		
18:2 n-6 c,c9	1.2	59 0.	116 6	A	1		1.473		
18:2 CLAs	0.0	61 0.	004 6	A	1		0.071		
18:2 t,t9									
18:2 ig									
18:2 t not further defined		74 0.	005 6	A	1		0.086		
18:3 undifferentiated9			006 6	AS	1		0.115		
18:3 n-3 c,c,c (ALA)			006 6	A	1		0.109		
18:3 n-6 c,c,c			000 6		1		0.005		
18:3i9	•								
18:49		01 0.	000 6	A	1		0.001		
20:2 n-6 c,c			003 6		1		0.010		
20:3 undifferentiated			001 6		1		0.018		
20:3 thidifferentiated			001 6		1		0.002		
20:3 n-69			001 6		1		0.002		
20:4 undifferentiated9			001 6		1		0.016		
20:4 undifferentiated9 20:4 n-69			JUZ 0	A	_		0.023		
20:4 n-69 20:5 n-3 (EPA)9		06 0	000 6	A	1		0.007		
		0.	000 b	Α	_		0.007		
21:59		04 0	001 -	•	1		0.005		
22:4			001 6		1 1		0.005		
22:5 n-3 (DPA)9	, 0.0	0.	001 6	A	_		0.009		

	<u>on</u>	Amount in edible portion of common measures of food							
		Nι	ımbeı	•			<u>m</u>	easures of for	<u>oa</u>
		0	f Data	Deriv	Source (Confidence			
Nutrients and Units	Mean St	d. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.00	0 6	A	1		0.000		
Fatty acids, total transg	0.359		0	NC	4		0.420		
Fatty acids, total trans-monoenoicg	0.285		0	NC	4		0.334		
Fatty acids, total trans-polyenoicg	0.074		0	NC	4		0.086		
Cholesterolmg	32	1.60	76	A	1		37		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.152		0	A	1		0.178		
Threonineg	0.458		0	A	1		0.535		
Isoleucineg	0.565		0	A	1		0.661		
Leucineg	1.290		0	A	1		1.510		
Lysineg	0.870		0	A	1		1.018		
Methionineg	0.346		0	A	1		0.405		
Cystineg	0.097		0	A	1		0.114		
Phenylalanineg	0.625		0	A	1		0.731		
Tyrosineg	0.476		0	A	1		0.557		
Valineg	0.741		0	A	1		0.867		
Arginineg	0.482		0	A	1		0.564		
Histidineg	0.368		0	A	1		0.430		
Alanineg	0.459		0	A	1		0.537		
Aspartic acidg	0.892		0	A	1		1.044		
Glutamic acidg	2.755		0	A	1		3.223		
Glycineg	0.267		0	A	1		0.312		
Prolineg	1.285		0	A	1		1.504		
Serineg	0.696		0	A	1		0.814		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 117g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amoui	nt in 100 gr	am s	Amount in edible portion of common					
			Nun	ber					easures of fo	
			of I	Data	Deriv	Source (Confidence			
Nutrients and U	Inits	Mean Sto	l. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	53.12	2.353	6	A	1		64.81		
Energy		232	_,,,,,	0	NC	4		283		
Energy		971		0	NC	4		1185		
Protein		11.51	0.940	6	A	1		14.04		
Total lipid (fat)		10.43	1.269	6	A	1		12.73		
Ash		1.91	0.200	6	A	1		2.33		
Carbohydrate, by difference	-	23.02		0	NC	4		28.08		
Fiber, total dietary		2.6	0.072	6	A	1		3.2		
Sugars, total		1.45	0.130	6	A	1		1.77		
Sucrose		0.38	0.049	6	A	1		0.47		
Glucose (dextrose)		0.34	0.054	6	A	1		0.42		
Fructose		0.33	0.026	6	A	1		0.41		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose		0.39	0.144	6	A	1		0.48		
Galactose	g	0.00	0.000	6	A	1		0.00		
Starch		18.98	0.664	6	A	1		23.16		
	_									
Minerals:										
Calcium, Ca	_	49	10.359	6	A	1		60		
Iron, Fe		1.01	0.074	6	A	1		1.23		
Magnesium, Mg		38	0.865	6	A	1		46		
Phosphorus, P		162	8.561	6	A	1		198		
Potassium, K	-	255	22.411	6	A	1		311		
Sodium, Na		426	53.348	6 6	A A	1 1		519		
Zinc, Zn		1.62	0.102 0.010	6	A A	1		1.97 0.080		
Copper, Cu		0.065 0.159	0.010	6	A	1		0.080		
Selenium, Se		17.8	3.439	3	A	1		21.7		
		27.0	3.133	•		-		22.,		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		0	RC	4		0.2		
Thiamin	-	0.083	0.038	3	A	1		0.102		
Riboflavin	-	0.087	0.012	3	A	1		0.106		
Niacin	-	2.373	0.194	3	A	1		2.895		
Pantothenic acid		0.640	0.090	3	A	1		0.781		
Vitamin B-6	-	0.230	0.031	3	A	1		0.281		
Folate, total		4 0		0	RC RC	4 4		4 0		
Folic acid		4		0	RC	4		4		
Folate, food	1.1	4		0		4		4		
Folate, DFE Choline, total		38.4		0	NC AS	1		46.8		
Betaine		6.1		1	A	1		7.4		
Vitamin B-12		0.28	0.052	3	A	1		0.34		
Vitamin B-12, added		0.00	0.032	0	Z	7		0.00		
Vitamin A, RAE		10		0	NC	4		13		
Retinol		8	6.066	3	A	1		9		
Carotene, beta		35		0	RC	4		43		
Carotene, alpha		0		0	RC	4		0		
Cryptoxanthin, beta		0		0	RC	4		0		
Vitamin A, IU		84		0	NC	4		102		
Lycopene		752		0	RC	4		918		
Lutein + zeaxanthin		26		0	RC	4		31		
Vitamin E (alpha-tocopherol)		0.35	0.083	3	A	1		0.42		
Vitamin E, added		0.00		0	z	7		0.00		
Tocopherol, beta		0.02	0.001	3	A	1		0.02		
Tocopherol, gamma		1.28	0.192	3	A	1		1.57		
Tocopherol, delta		0.08	0.036	3	A	1		0.10		
Tocotrienol, alpha		0.08	0.012	3	A	1		0.10		
Tocotrienol, beta		0.01	0.004		A	1		0.01		

	<u>An</u>	Amount in 100 grams of edible portion						Amount in edible portion of common			
		Number							easures of foo		
						Source Co	nfidence				
Nutrients and Units	Mean	Std. Error	Poin	nts	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.2	6 0.	029	3	A	1		0.32			
Tocotrienol, deltamg	0.0			3	A	1		0.02			
Vitamin D (D2 + D3)µg	0.7			0	RC	4		0.8			
Vitamin D2 (ergocalciferol)µg											
Vitamin D3 (cholecalciferol)µg Vitamin D	28			0	RC	4		34			
Vitamin K (phylloquinone)µg	1.1	0.		3	A	1		1.3			
Dihydrophylloquinoneµg											
Menaquinone-4µg	2.9	1.	457	3	A	1		3.6			
Lipids:											
Fatty acids, total saturated	3.1	66		0	NC	4		3.863			
4:0g	0.0			6	A	1		0.011			
6:0g	0.0			6	A	1		0.008			
8:0g	0.0			6	A	1		0.008			
10:0g	0.0			6 6	A A	1 1		0.021			
12:0g 13:0g	0.0	17 0.	008	0	A	_		0.021			
14:0	0.1	34 0.	035	6	A	1		0.164			
15:0g	0.0			6	A	1		0.011			
16:0g	1.9	85 0.	249	6	A	1		2.422			
17:0g	0.0	31 0.	005	6	A	1		0.038			
18:0g	0.9	19 0.	121	6	A	1		1.121			
20:0g	0.0	20 0.	002	6	A	1		0.024			
22:0g	0.0			6	A	1		0.008			
24:0g	0.0			6	A	1		0.005			
Fatty acids, total monounsaturatedg	3.9			0	NC A	4 1		4.836			
14:1g 15:1g	0.0			6 6	A	1		0.006 0.000			
16:1 undifferentiated9	0.1			6	AS	1		0.242			
16:1 cg	0.1			6	A	1		0.242			
16:1 tg	0.0			6	A	1		0.005			
17:1g	0.0	29 0.	004	6	A	1		0.036			
18:1 undifferentiatedg	3.6	61 0.	456	6	AS	1		4.466			
18:1 cg	3.6			6	A	1		4.393			
18:1 tg	0.0	60 0.	017	6	A	1		0.074			
18:1-11 t (18:1t n-7)g			000	_	_						
20:1	0.0			6 6	A As	1 1		0.084 0.002			
22:1 c	0.0			6	A	1		0.002			
22:1 tg	0.0			6	A	1		0.000			
24:1 cg	0.0			6	A	1		0.001			
Fatty acids, total polyunsaturatedg	2.2	05		0	NC	4		2.691			
18:2 undifferentiatedg	1.9	86 0.	231	6	AS	1		2.423			
18:2 n-6 c,cg	1.9			6	A	1		2.379			
18:2 CLAs	0.0	17 0.	005	6	A	1		0.021			
18:2 t,tg											
18:2 ig 18:2 t not further definedg	0.0	19 0.	004	6	A	1		0.023			
18:3 undifferentiatedg	0.0			6	AS	1		0.110			
18:3 n-3 c.c.c (ALA)g	0.0			6	A	1		0.106			
18:3 n-6 c,c,cg	0.0		001	6	A	1		0.004			
18:3ig											
18:4g	0.0	00 0.	000	6	A	1		0.000			
20:2 n-6 c,cg	0.0			6	A	1		0.054			
20:3 undifferentiatedg	0.0			6	AS	1		0.021			
20:3 n-3g	0.0			6	A A	1 1		0.008			
20:3 n-6g 20:4 undifferentiatedg	0.0		001 004	6 6	A A	1		0.013 0.052			
20:4 undifferentiatedg	3.0	0.	JUI	•	A	-		0.032			
20:5 n-3 (EPA)g	0.0	04 0.	000	6	A	1		0.004			
21:5g								-			
22:4g	0.0		001		A	1		0.015			
22:5 n-3 (DPA)g	0.0	06 0.	001	6	A	1		0.008			

	Amount in edible portion of common								
		N	umbei	•		<u>m</u>	easures of foo	<u>od</u>	
		c	of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean S	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.003	0.00	1 6	A	1		0.003		
Fatty acids, total trans9	0.083		0	NC	4		0.102		
Fatty acids, total trans-monoenoicg	0.064		0	NC	4		0.079		
Fatty acids, total trans-polyenoicg	0.019		0	NC	4		0.023		
Cholesterolmg	29	2.47	9 6	A	1		35		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.121		0	A	1		0.147		
Threonineg	0.460		0	A	1		0.561		
Isoleucineg	0.456		0	A	1		0.557		
Leucineg	0.976		0	A	1		1.191		
Lysineg	0.784		0	A	1		0.956		
Methionineg	0.268		0	A	1		0.327		
Cystineg	0.133		0	A	1		0.162		
Phenylalanineg	0.463		0	A	1		0.565		
Tyrosineg	0.297		0	A	1		0.362		
Valineg	0.531		0	A	1		0.647		
Arginineg	0.669		0	A	1		0.817		
Histidineg	0.354		0	A	1		0.432		
Alanineg	0.674		0	A	1		0.822		
Aspartic acidg	0.990		0	A	1		1.207		
Glutamic acidg	1.878		0	A	1		2.291		
Glycineg	0.570		0	A	1		0.696		
Prolineg	0.638		0	A	1		0.779		
Serineg	0.463		0	A	1		0.565		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 122g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr	ams	Amount in edible portion of common					
			Nun	n be r					easures of fo	
			of	Data	Deriv	Source C	Confidence			
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	61.32	1.781	6	A	1		101.79		
Energy		186		0	NC	4		308		
Energy		776		0	NC	4		1288		
Protein		3.48	0.237	6	A	1		5.77		
Total lipid (fat)		7.21	0.693	6	A	1		11.96		
Ash	=	1.31	0.106	6	A	1		2.17		
Carbohydrate, by difference	=	26.68	0.100	0	NC	4		44.30		
Fiber, total dietary		3.2	0.244	6	A	1		5.3		
•		7.42	1.533	6	A	1		12.31		
Sugars, total		6.23	1.533	6	A	1		12.31		
Sucrose										
Glucose (dextrose)		0.61	0.148	6	A	1		1.02		
Fructose		0.57	0.091	6	A	1		0.95		
Lactose		0.00	0.000	6	A	1 1		0.00		
Maltose		0.00	0.000	6	A			0.00		
Galactose		0.00	0.000	6	A	1		0.00		
Starch	g	13.83	2.045	6	A	1		22.96		
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	24	12.562	6	A	1		40		
Iron, Fe		0.53	0.069	6	A	1		0.89		
Magnesium, Mg		29	1.748	6	A	1		48		
Phosphorus, P		93	4.895	6	A	1		155		
Potassium, K		186	14.094	6	A	1		308		
Sodium, Na		277	31.429	6	A	1		460		
Zinc, Zn		0.62	0.041	6	A	1		1.03		
Copper, Cu		0.028	0.006	6 6	A A	1 1		0.047		
Manganese, Mn Selenium, Se		0.214 2.5	0.017 0.330	3	A	1		0.356 4.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	RC	4		0.4		
Thiamin	-	0.043	0.003	3	A	1		0.072		
Riboflavin	_	0.053	0.015	3	A	1		0.088		
Niacin	-	1.317	0.075	3	A	1		2.186		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.343	0.023	3	A	1		0.570		
Vitamin B-6		0.176	0.019	3	A	1		0.291		
Folate, total		1	00025	0	RC	4		2		
Folic acid		0		0	RC	4		0		
Folate, food		1		0	RC	4		2		
Folate, DFE		1		0	NC	4		2		
Choline, total		24.2		0	AS	1		40.1		
Betaine	-	1.7		1	A	1		2.8		
Vitamin B-12	-	0.00		0	RC	4		0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		2		0	NC	4		4		
Retinol		0		0	RC	4		0		
Carotene, beta		23	11.055	3	A	1		39		
Carotene, alpha		1	0.853	3	A	1		1		
Cryptoxanthin, beta		4	2.926	3	A	1		7		
Vitamin A, IU		43		0	NC	4		72		
Lycopene		0	0.000	3	A	1		0		
Lutein + zeaxanthin		145	121.447	3	A	1		240		
Vitamin E (alpha-tocopherol)		0.45	0.050	3	A	1		0.75		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.04	0.017	3	A	1		0.06		
Tocopherol, gamma		2.63	0.623	3	A	1		4.36		
Tocopherol, delta		0.55	0.282	3	A	1		0.91		
Tocotrienol, alpha		0.31	0.060	3	A	1		0.52		
Tocotrienol, beta		0.03	0.015		A	1		0.04		

	<u>Ar</u>	mount in 1		am s		Amount in edible portion of common measures of food				
						Source	Confidence			-
N utrients and Units	Mean	Std. Erro				Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.5	50 (.047	3	A	1		0.82		
Tocotrienol, deltamg	0.0		0.012	3	A	1		0.04		
Vitamin D (D2 + D3)	0.4	4		0	RC	4		0.7		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg										
Vitamin DIU	18			0	RC	4		29		
Vitamin K (phylloquinone)µg	5.4	4 3	3.328	3	A	1		9.0		
Dihydrophylloquinoneµg	2.8			1	A	1		4.7		
Menaquinone-4µg	0.9	9		2	A	1		1.5		
Lipids:										
Fatty acids, total saturatedg		629		0	NC	4		4.364		
4:0g			0.025	6	A	1		0.051		
6:0g 8:0g			0.019	6 6	A A	1 1		0.039 0.025		
10:0g			0.026	6	A	1		0.054		
12:0			0.028	6	A	1		0.063		
13:0g										
14:0g			.089	6	A	1		0.263		
15:0g			.009	6	A	1		0.030		
16:0g			355	6	A	1 1		2.792		
17:0g 18:0g			0.010	6 6	A A	1		0.041 0.937		
20:0g			0.002	6	A	1		0.036		
22:0g			0.003	6	A	1		0.020		
24:0g	0.0	007 (.001	6	A	1		0.011		
Fatty acids, total monounsaturatedg		437		0	NC	4		4.046		
14:1g			800.0	6	A	1		0.025		
15:1g			0.000	6	A	1 1		0.001		
16:1 undifferentiated			0.029	6 6	AS A	1		0.101 0.090		
16:1 tg			0.004	6	A	1		0.012		
17:1g			.006	6	A	1		0.020		
18:1 undifferentiatedg	2.3	322 (.277	6	AS	1		3.854		
18:1 cg			.217	6	A	1		3.350		
18:1 tg	0.3	304 (.128	6	A	1		0.505		
18:1-11 t (18:1t n-7)g 20:1g	0 (025 (.007	6	A	1		0.041		
22:1 undifferentiated			0.001	6	AS	1		0.003		
22:1 cg			0.000	6	A	1		0.002		
22:1 tg	0.0	001 (0.000	6	A	1		0.001		
24:1 cg			0.000	6	A	1		0.001		
Fatty acids, total polyunsaturatedg		548		0	NC	4		2.570		
18:2 undifferentiated).320).315	6 6	AS A	1 1		2.381 2.272		
18:2 CLAs			0.006		A	1		0.021		
18:2 t,tg								*****		
18:2 ig										
18:2 t not further definedg			.012		A	1		0.088		
18:3 undifferentiatedg			0.034		AS	1		0.170		
18:3 n-3 c,c,c (ALA)			0.034		A A	1 1		0.169 0.001		
18:3 n-6 c,c,c	0.0	001 (.001	0	A			0.001		
18:4g	0.0	000 (0.000	6	A	1		0.000		
20:2 n-6 c,cg			.001	6	A	1		0.005		
20:3 undifferentiated			0.002	6	AS	1		0.004		
20:3 n-3g			0.000	6	A	1		0.000		
20:3 n-6			0.001	6	A	1		0.003		
20:4 undifferentiated	0.0	004 (0.002	6	A	1		0.006		
20:4 n-og 20:5 n-3 (EPA)g	0.0	001 (0.000	6	A	1		0.002		
21:5g	- •	·		-	-					
22:4g	0.0		0.000	6	A	1		0.001		
22:5 n-3 (DPA)g	0.0	001 (.001	6	A	1		0.002		

	Amount in edible portion of common								
		Nur	mber				<u>m</u>	easures of fo	<u>od</u>
		of	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans	0.365	0.000	0	NC	4		0.606		
Fatty acids, total trans-monoenoicg	0.312		0	NC	4		0.518		
Fatty acids, total trans-polyenoicg	0.053		0	NC	4		0.088		
Cholesterolmg	17		0	RC	4		28		
Phytosterolsmg	1,		J	I.C	-		20		
Amino Acids:									
Tryptophang	0.034		0	A	1		0.056		
Threonineg	0.126		0	A	1		0.208		
Isoleucineg	0.128		0	A	1		0.213		
Leucine9	0.390		0	A	1		0.648		
Lysineg	0.148		0	A	1		0.245		
Methionineg	0.067		0	A	1		0.111		
Cystineg	0.049		0	A	1		0.082		
Phenylalanineg	0.156		0	A	1		0.259		
Tyrosineg	0.109		0	A	1		0.181		
Valineg	0.174		0	A	1		0.289		
Arginineg	0.128		0	A	1		0.212		
Histidineg	0.092		0	A	1		0.152		
Alanineg	0.231		0	A	1		0.383		
Aspartic acidg	0.264		0	A	1		0.438		
Glutamic acidg	0.681		0	A	1		1.131		
Glycineg	0.107		0	A	1		0.178		
Proline	0.292		0	A	1		0.485		
Serineg	0.180		0	A	1		0.299		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeinemg	0		0	z	, 7		0		
Theobrominemg	0		0	z	7		0		

Common Measures:

Measure 1 = 166g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gr	am s	<u>n</u>	Amount in edible portion of common				
			Nun	nber					easures of fo	
						Source C	Confidence			
Nutrients and l	Units	Mean Sto	I. Error Po				Code	Measure 1	Measure 2	Measure
Proximates: Water	ď	66.03	2.671	6	A	1		93.76		
Energy		174	2.071	0	NC	4		247		
Energy		727		0	NC	4		1032		
Protein		7.35	0.599	6	A	1		10.44		
		9.04	0.819	6	A	1		12.84		
Total lipid (fat)		1.82	0.130	6	A	1		2.59		
	_	15.75	0.130	0	NC	4		2.39		
Carbohydrate, by difference		2.4	0.236	6	NC A	1		3.5		
Fiber, total dietary										
Sugars, total		0.46	0.056	6	A	1		0.65		
Sucrose		0.24	0.038	6	A	1		0.35		
Glucose (dextrose)		0.00	0.000	6	A	1		0.00		
Fructose		0.21	0.027	6	A	1		0.30		
Lactose		0.00	0.000	6	A	1		0.00		
Maltose		0.00	0.000	6	A	1		0.00		
Galactose		0.00	0.000	6	A	1		0.00		
Starch	g	12.53	1.479	6	A	1		17.80		
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	75	17.573	6	A	1		106		
Iron, Fe		0.87	0.088	6	A	1		1.23		
Magnesium, Mg		26	1.661	6	A	1		37		
Phosphorus, P		120	12.312	6	A	1		170		
Potassium, K		152	8.119	6	A	1		215		
Sodium, Na		473	28.205	6	A	1		672		
Zinc, Zn		1.20	0.082	6	A	1		1.70		
Copper, Cu		0.050	0.008	6	A	1 1		0.071 0.264		
Manganese, Mn Selenium, Se		0.186 9.8	0.039	6 2	A A	1		14.0		
Vitamins:				_		_				
Vitamin C, total ascorbic acid	ma	16.4		0	RC	4		23.3		
Thiamin	_	0.040		2	A	1		0.057		
Riboflavin	_	0.050		2	A	1		0.071		
Niacin	-	1.295		2	A	1		1.839		
Pantothenic acid	_	0.365		2	A	1		0.518		
Vitamin B-6	•	0.132		2	A	1		0.187		
Folate, total		39		0	RC	4		56		
Folic acid		30		0	RC	4		43		
Folate, food		9		0	RC	4		13		
Folate, DFE		60		0	NC	4		86		
Choline, total		8.8		0	RC	4		12.5		
Betaine										
Vitamin B-12	_	0.11		2	A	1		0.16		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE		12		2	AS	1		18		
Retinol	µg	1		2	A	1		1		
Carotene, beta	µg	113		2	A	1		160		
Carotene, alpha	µg	0		2	A	1		0		
Cryptoxanthin, beta	µg	58		2	A	1		82		
Vitamin A, IU	JU	238		2	AS	1		338		
Lycopene	µg	85		2	A	1		121		
Lutein + zeaxanthin	µg	110		2	A	1		156		
Vitamin E (alpha-tocopherol)	mg	0.53		2	A	1		0.75		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.03		2	A	1		0.04		
Tocopherol, gamma		4.13		2	A	1		5.86		
Tocopherol, delta		0.37		2	A	1		0.53		
Tocotrienol, alpha		0.06		2	A	1		0.09		
Tocotrienol, beta		0.00		2	A	1		0.00		

Nutrients and Units Number Section Point Poi		<u>An</u>	Amount in 100 grams of edible portion							Amount in edible portion of common			
Nutrients and Units				Num	ber				<u>m (</u>	easures of foo	<u>d</u>		
Technical, gamms				of Da	ata I	Deriv	Source	Confidence					
Tecontrols, delha	Nutrients and Units	Mean	Std. Erro	r Poin	nts (Code	Code	Code	Measure 1	Measure 2	Measure 3		
Tecontronic della													
Tecontrols, delha													
Vitamin D(2 - 10)	. 9	0											
Vitamin D. (expression 1.4] Vitamin D. 10	· · · · · · · · · · · · · · · · · · ·	•											
Visarian D. U 13					U	RC	4		0.4				
Vitamin D. U 13 0 BC 4 18 Unident (Nylolyolgologonoco. H9 5-1 2 A 1 7-2 Dilydrophylologonoco. H9 2-9 2 A 1 4.0 Lipids: Esta solds, total samured. 9 2.692 0 NC 4 3.823 4.0 9 0.001 0.002 6 A 1 0.004 8.0 9 0.009 0.002 6 A 1 0.002 8.0 9 0.009 0.002 6 A 1 0.003 120. 9 0.009 0.002 6 A 1 0.003 120. 9 0.009 0.002 6 A 1 0.013 120. 9 0.009 0.002 6 A 1 0.013 120. 9 0.009 0.002 6 A 1 <td></td>													
Visuamia (Epsiloguimone) 18	, , ,	-			0	RC	4		18				
Meanquinose-					2	A	1		7.2				
Party acids, total saturated	Dihydrophylloquinone	ıg											
Fairy seeds, total saturated.	Menaquinone-4	ıg 2.9			2	A	1		4.0				
40	Lipids:												
80 9 0.001 0.001 6 A 1 0.002 80 9 0.003 0.003 6 A 1 0.004 100 9 0.009 0.002 6 A 1 0.013 130 9 140 9 0.009 0.002 6 A 1 0.013 130 9 140 9 0.009 0.001 6 A 1 0.013 155 9 0.005 0.001 6 A 1 0.008 156 9 0.005 0.001 6 A 1 0.008 156 9 0.005 0.001 6 A 1 0.008 176 9 0.022 0.003 6 A 1 0.036 178 9 0.025 0.003 6 A 1 0.036 188 9 0.027 0.002 6 A 1 0.036 180 9 0.018 0.002 6 A 1 0.009 240 9 0.018 0.002 6 A 1 0.009 241 9 0.003 0.001 6 A 1 0.009 241 9 0.003 0.001 6 A 1 0.009 141 9 0.003 0.000 6 A 1 0.009 142 9 0.003 0.000 6 A 1 0.009 143 9 0.003 0.000 6 A 1 0.009 144 9 0.003 0.0000 6 A 1 0.009 144 9 0.003 0.0000 6 A 1 0.009 144 9 0.003 0.000	Fatty acids, total saturated	2.6	92		0	NC	4		3.823				
Section Company Comp		•											
1000													
12-0													
130													
14-0			09 0	.002	6	A	1		0.013				
150			98 0	.012	6	2	1		0.139				
160													
170													
200						A	1						
22-0			17 0	.082	6	A	1		1.160				
240	20:0	0.0	18 0	.002	6	A	1		0.026				
Fatty acids, total monounsaturated	22:0	0.0	06 0	.001	6	A	1		0.009				
141	24:0	0.0	04 0						0.005				
15:	•												
16:1 undifferentiated.													
16:1 c													
16:1 t													
17:1	_												
18:1 undifferentiated	_												
18:1 c													
18:1-11 t (18:11 n-7)			72 0	.276	6	A	1						
20:1	18:1 t	0.0	39 0	.006	6	A	1		0.056				
22:1 undifferentiated 9 0.001 0.000 6 AS 1 0.002 22:1 c 9 0.001 0.000 6 A 1 0.000 22:1 c 9 0.001 0.000 6 A 1 0.000 22:1 c 9 0.001 0.000 6 A 1 0.000 0.000 0.000 6 A 1 0.000 0.000 0.000 0 A 1 0.	18:1-11 t (18:1t n-7)	J											
22:1 c	20:1	0.0	55 0	.005	6	A	1		0.079				
22:1 L													
24:1 c		•											
Fatty acids, total polyunsaturated													
18:2 undifferentiated													
18:2 n-6 c,c. .9 1.817 0.246 6 A 1 2.581 18:2 CLAs .9 0.011 0.001 6 A 1 0.016 18:2 t ₁ .9 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>													
18:2 CLAs. 9 0.011 0.001 6 A 1 0.016 18:2 t.t. 9 18:2 i. 9 18:2 t. not further defined. 9 0.015 0.002 6 A 1 0.022 18:3 undifferentiated. 9 0.102 0.024 6 AS 1 0.145 18:3 n-6 c,c,c 9 0.099 0.024 6 A 1 0.004 18:3i. 9 0.003 0.000 6 A 1 0.004 18:4. 9 0.038 0.004 6 A 1 0.054 20:2 n-6 c,c. 9 0.038 0.004 6 A 1 0.054 20:3 n-3. 9 0.014 0.001 6 A 1 0.019 20:3 n-6. 9 0.008 0.000 6 A 1 0.012 20:4 n-6. 9 0.034 0.001 6 A 1 0.003 20:5 n-3 (EPA) 9 0.002 0.000 6 A 1 <td></td>													
18:2 t.t. .g 18:2 i. .g 18:2 t. not further defined. .g 0.015 0.002 6 A 1 0.022 18:3 undifferentiated. .g 0.102 0.024 6 AS 1 0.145 18:3 n-3 c,c,c (ALA) .g 0.099 0.024 6 A 1 0.140 18:3 n-6 c,c,c .g 0.003 0.000 6 A 1 0.004 18:4 .g 0.000 0.000 6 A 1 0.054 20:3 undifferentiated .g 0.014 0.001 6 A 1 0.054 20:3 n-3 .g 0.005 0.001 6 A 1 0.009 20:3 n-6 .g 0.008 0.000 6 A 1 0.008 20:4 n-6 .g 0.034 0.001 6 A 1 0.048 20:5 n-3 (EPA) .g 0.002 0.000 6 A 1 0.003 21:5 .g 0.001 0.001	· · · · · · · · · · · · · · · · · · ·												
18:2 i	_			.001	•		-		0.010				
18:2 t not further defined. 9 0.015 0.002 6 A 1 0.022 18:3 undifferentiated. 9 0.102 0.024 6 AS 1 0.145 18:3 n-3 c,c,c (ALA). 9 0.099 0.024 6 A 1 0.140 18:3 n-6 c,c,c. 9 0.003 0.000 6 A 1 0.004 18:3 9 18:4 9 0.000 0.000 6 A 1 0.000 20:2 n-6 c,c. 9 0.038 0.004 6 A 1 0.054 20:3 undifferentiated. 9 0.014 0.001 6 AS 1 0.019 20:3 n-3 9 0.005 0.001 6 A 1 0.008 20:3 n-6 9 0.008 0.000 6 A 1 0.002 20:4 undifferentiated. 9 0.034 0.001 6 A 1 0.004 20:4 n-6 9 0.002 0.000 6 A 1 0.004 20:5 n-3 (EPA). 9 0.002 0.000 6 A 1 0.003 0.003 21:5 9 0.010 0.001 6 A 1 0.001 0.001 6 A 1 0.0014													
18:3 n-3 c,c,c (ALA)			15 0	.002	6	A	1		0.022				
18:3 n-6 c,c,c 9 0.003 0.000 6 A 1 0.004 18:4	18:3 undifferentiated	0.1	02 0	.024	6	AS	1		0.145				
18:3i	18:3 n-3 c,c,c (ALA)	0.0	99 0	.024	6	A	1		0.140				
18:4	18:3 n-6 c,c,c	0.0	03 0	.000	6	A	1		0.004				
20:2 n-6 c,c. 9 0.038 0.004 6 A 1 0.054 20:3 undifferentiated. 9 0.014 0.001 6 AS 1 0.019 20:3 n-3 9 0.005 0.001 6 A 1 0.008 20:3 n-6 9 0.008 0.000 6 A 1 0.012 20:4 undifferentiated. 9 0.034 0.001 6 A 1 0.048 20:4 n-6 9 20:5 n-3 (EPA). 9 0.002 0.000 6 A 1 0.003 21:5 9 22:4 9 0.010 0.001 6 A 1 0.014													
20:3 undifferentiated													
20:3 n-3	· · · · · · · · · · · · · · · · · · ·												
20:3 n-6													
20:4 undifferentiated		•											
20:4 n-6													
20:5 n-3 (EPA)					-		_						
22:4g 0.010 0.001 6 A 1 0.014			02 0	.000	6	A	1		0.003				
-	` /												
22:5 n-3 (DPA)g 0.005 0.000 6 A 1 0.008									0.014				
	22:5 n-3 (DPA)	0.0	05 0	.000	6	A	1		0.008				

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
		-				o				
						Confidence				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.00	2 0.0	00 6	A	1		0.002			
Fatty acids, total transg	0.05	8	0	NC	4		0.082			
Fatty acids, total trans-monoenoicg	0.04	2	0	NC	4		0.060			
Fatty acids, total trans-polyenoicg	0.01	5	0	NC	4		0.022			
Cholesterolmg	20	1.2	08 6	A	1		29			
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.06	7	0	A	1		0.095			
Threonineg	0.28	1	0	A	1		0.400			
Isoleucineg	0.27	5	0	A	1		0.390			
Leucineg	0.56	1	0	A	1		0.797			
Lysineg	0.49	6	0	A	1		0.705			
Methionineg	0.18	8	0	A	1		0.267			
Cystineg	0.08	6	0	A	1		0.123			
Phenylalanineg	0.26	5	0	A	1		0.376			
Tyrosineg	0.19	3	0	A	1		0.274			
Valineg	0.31	5	0	A	1		0.447			
Arginineg	0.40	1	0	A	1		0.570			
Histidineg	0.19	8	0	A	1		0.281			
Alanineg	0.39	6	0	A	1		0.563			
Aspartic acidg	0.62	6	0	A	1		0.889			
Glutamic acidg	1.17	2	0	A	1		1.664			
Glycineg	0.31	4	0	A	1		0.447			
Prolineg	0.33	8	0	A	1		0.480			
Serineg	0.27	6	0	A	1		0.392			
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0	z	7		0.0			
Caffeineg	0.0		0	Z	7		0			
Theobrominemg	0		0	Z	7		0			
Theodominiemy	•						•			

Common Measures:

Measure 1 = 142g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	t in 100 gr	am s	•	Amount in edible portion of common				
			Nun	nber		easures of fo				
						Source Co	onfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
			-							
Proximates:										
Water		83.41	0.475	6	A	1		166.82		
Energy		74		0	NC	4		148		
Energy		309		0	NC	4		619		
Protein		8.61	1.072	6	A	1		17.23		
Total lipid (fat)		2.58	0.308	6	A	1		5.16		
Ash	-	1.33	0.076	6	A	1		2.65		
Carbohydrate, by difference		4.07		0	NC	4		8.14		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	22	2.439	6	A	1		43		
Iron, Fe	mg	0.68	0.073	6	A	1		1.36		
Magnesium, Mg	mg	10	0.329	6	A	1		21		
Phosphorus, P		42	2.704	6	A	1		83		
Potassium, K		81	10.410	6	A	1		162		
Sodium, Na	=	411	32.655	6	A	1		821		
Zinc, Zn	=	1.06	0.147	6	A	1		2.13		
Copper, Cu		0.022	0.002	6	A	1		0.044		
Manganese, Mn		0.064	0.008	6	A	1		0.127		
Selenium, Se	µg	5.6	1.335	3	A	1		11.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.015	0.000	3	A	1		0.030		
Riboflavin	mg	0.020	0.005	3	A	1		0.040		
Niacin	mg	0.523	0.191	3	A	1		1.047		
Pantothenic acid	mg	0.133	0.042	3	A	1		0.267		
Vitamin B-6	mg	0.038	0.005	3	A	1		0.075		
Folate, total	µg									
Folate, DFE										
Choline, total		12.7		0	AS	1		25.5		
Betaine		0.4		1	A	1		0.8		
Vitamin B-12		0.45	0.153	3	A	1		0.89		
Vitamin A, RAE		0		0	AS	1		0		
Vitamin A, IU		0		0	AS	1		0		
Lycopene										
Lutein + zeaxanthin				_	_	_				
Vitamin E (alpha-tocopherol)		0.38	0.054	•	A	1		0.76		
Tocopherol, beta		0.01	0.000	3	A	1		0.01		
Tocopherol, gamma		0.16	0.023	3	A	1		0.32		
Tocopherol, delta		0.01	0.010	3	A	1		0.03		
Tocotrienol, alpha		0.04	0.014	3	A	1 1		0.08		
Tocotrienol, beta	-	0.01	0.008	3	A A	1		0.02		
Tocotrienol, gamma	=	0.05 0.01	0.018 0.004	3	A	1		0.10 0.02		
Tocotrienol, delta Vitamin D (D2 + D3)	=	0.01	0.004	3	A	1		0.02		
Vitamin D2 (ergocalciferol)										
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		2.3	0.786	3	A	1		4.7		
Dihydrophylloquinone				-		=				
Menaquinone-4		2.4	1.410	3	A	1		4.9		
-										
<u>Lipids:</u>										
Fatty acids, total saturated		1.045		0	NC	4		2.090		
4:0		0.002	0.000	6	A	1		0.003		
6:0		0.000	0.000	6	A	1		0.000		
8:0	а	0.001	0.000	6	A	1		0.002		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.003 0.000 0.006 10:0.....g 0.000 12:0 a 0.003 6 Α 1 0.006 13:0.....g 0.015 0.064 1 14:0.....g 6 Α 0.128 15:0.....g 0.014 0.003 6 А 1 0.028 0.114 6 0.552 16·0 a 1 1,105 Α 17:0.....g 0.035 0.010 0.071 0.074 0.362 6 Α 1 0.725 18:0.....g 0.005 0.001 6 A 1 0.010 0.003 0.000 6 0.005 22:0.....g Α 1 24:0.....g 0.001 0.000 Α 1 0.002 Fatty acids, total monounsaturated......g 1.124 0 NC 4 2.248 0.011 0.003 6 A 1 0.022 14:1.....g 0.000 0.000 6 0.001 Α 1 15:1.....g 0.081 0.016 6 AS 1 0.162 0.072 0.015 6 А 1 16:1 c.....g 0.145 0.009 0.002 6 Α 1 0.018 16:1 t.....g 0.024 0.007 6 0.048 Α 1 18:1 undifferentiated......g 0.998 0.239 6 1 1.997 AS 18:1 c.....g 0.913 0.215 6 А 1 1.826 0.085 0.025 6 1 0.171 18:1 t.....g Α 18:1-11 t (18:1t n-7)......g 0.009 0.002 6 A 1 0.018 20:1.....g 0.001 0.000 AS 1 0.001 22:1 undifferentiated......g 0.000 22:1 c.....g 0.001 6 A 1 0.001 0.000 0.000 Α 0.000 22:1 t.....g 1 0.000 6 24:1 c.....g 0.000 Α 1 0.000 Fatty acids, total polyunsaturated............g 0.310 0 NC 4 0.620 18:2 undifferentiated......g 0.236 0.051 6 AS 1 0.472 0.206 0.046 6 Α 1 0.411 18:2 n-6 c.c....g 18:2 CLAs.....g 0.014 0.004 6 1 0.027 18:2 t,t.....g 18:2 i.....g 0.017 0.004 6 0.033 18:2 t not further defined......g 1 0.024 0.007 6 0.048 18:3 undifferentiated.....g AS 1 0.023 0.007 6 1 18:3 n-3 c,c,c (ALA).....g Α 0.047 0.000 6 0.000 0.001 18:3 n-6 c,c,c.....g Α 1 18:3i.....g 0.000 0.000 6 0.001 18:4.....g Α 1 20:2 n-6 c.c....g 0.002 0.001 6 A 1 0.004 0.006 0.001 6 0.011 20:3 undifferentiated.....g AS 1 20:3 n-3.....g 0.001 0.000 6 Α 1 0.001 0.005 0.001 6 1 0.010 Α 20:3 n-6.....g 20:4 undifferentiated......g 0.022 0.003 6 А 1 0.044 20:4 n-6.....g 0.003 0.001 6 Α 1 0.006 20:5 n-3 (EPA)......g 21:5.....g 0.001 6 0.004 22:4.....g Α 1 0.009 0.011 0.003 22:5 n-3 (DPA).....g Α 1 0.023 0.001 22:6 n-3 (DHA)......g 0.002 6 Α 1 0.003 0.111 0 NC 0.222 0.094 Fatty acids, total trans-monoenoic......g O NC 4 0.189 0.017 NC 4 0.033 Fatty acids, total trans-polyenoic.......g 9.623 6 1 Cholesterol....mg 59 Α 118 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.064 Α 1 0.127 Threonine.....g 0.291 O Α 1 0.583 Isoleucine.....g 0.271 0 Α 1 0.543 Leucine.....g 0.539 0 Α 1 1.077 0.904 Lysine.....g 0.452 A 1 0 А 1 Methionine.....g 0.164 0.328 Cystine.....g 0.064 А 1 0.127

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.268	0	A	1		0.537		
Tyrosineg	0.220	0	A	1		0.440		
Valineg	0.346	0	A	1		0.692		
Arginineg	0.588	0	A	1		1.176		
Histidineg	0.147	0	A	1		0.294		
Alanineg	0.590	0	A	1		1.180		
Aspartic acidg	0.649	0	A	1		1.298		
Glutamic acidg	1.221	0	A	1		2.442		
Glycineg	0.978	0	A	1		1.955		
Prolineg	0.614	0	A	1		1.227		
Serineg	0.341	0	A	1		0.683		
Hydroxyprolineg								

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

Nutrients and Units		<u>Am ou</u>	nt in 100 gr			Amount in edible portion of common measures of food				
		Mean Sto			Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.38	0.829	12	A	1		127.82	71.77	134.63
Energy	kcal	273		0	NC	4		666	374	702
Energy	kJ	1142		0	NC	4		2786	1565	2935
Protein	g	11.24	0.359	12	A	1		27.44	15.41	28.90
Total lipid (fat)	g	18.47	0.449	12	A	1		45.07	25.30	47.47
Ash	g	2.45	0.080	12	A	1		5.97	3.35	6.29
Carbohydrate, by difference	g	15.45		0	NC	4		37.71	21.17	39.72
Fiber, total dietary	g	1.9	0.121	6	A	1		4.7	2.6	4.9
Sugars, total	g	2.60	0.245	6	A	1		6.34	3.56	6.67
Sucrose		0.21	0.023	6	A	1		0.51	0.28	0.53
Glucose (dextrose)		0.71	0.086	6	A	1		1.72	0.97	1.82
Fructose		0.55	0.092	6	A	1		1.35	0.76	1.42
Lactose		0.72	0.240	6	A	1		1.75	0.98	1.84
Maltose		0.41	0.177	6	A	1		1.01	0.56	1.06
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00
Starch		10.90	0.993	6	A	1		26.60	14.93	28.01
Starcii	9	10.50	0.333	·		-		20.00	14.55	20.01
Minerals:										
Calcium, Ca	mg	314	12.834	12	A	1		765	429	806
Iron, Fe	mg	0.66	0.029	12	A	1		1.62	0.91	1.70
Magnesium, Mg	mg	29	0.714	12	A	1		70	39	74
Phosphorus, P		268	11.678	12	A	1		653	367	688
Potassium, K	mg	140	8.552	12	A	1		341	191	359
Sodium, Na	mg	528	21.597	12	A	1		1287	723	1356
Zinc, Zn	mg	1.83	0.063	12	A	1		4.46	2.51	4.70
Copper, Cu	mg	0.055	0.003	12	A	1		0.133	0.075	0.140
Manganese, Mn	mg	0.118	0.004	12	A	1		0.288	0.162	0.303
Selenium, Se	µg	15.8	0.648	6	A	1		38.6	21.7	40.7
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	_	0.063	0.007	6	A	1		0.154	0.087	0.163
Riboflavin		0.223	0.008	6	A	1		0.545	0.306	0.574
Niacin	_	0.627	0.053	6	A	1		1.529	0.858	1.610
Pantothenic acid	_	0.332	0.015	4	A	1		0.811	0.455	0.854
Vitamin B-6	_	0.122	0.013	6	A	1		0.297	0.167	0.313
Folate, total	•	17	1.322	6	A	1		43	24	45
Folate, DFE		17	1.322	o	A	_		43	24	45
· · · · · · · · · · · · · · · · · · ·										
Choline, totalBetaine										
Vitamin B-12		0.86	0.063	6	A	1		2.11	1.18	2.22
Vitamin B-12		205	0.063	0	AS	1		500	281	526
Vitamin A, IU		988		0	AS	1		2411	1354	2539
Lycopene		820	335.040	4	A5 A	1		2001		
* *		143				1		350	1124	2108
Lutein + zeaxanthin		1.28	67.233 0.305	4	A A	1		3.12	197	369
Vitamin E (alpha-tocopherol)				4					1.75	3.29
Tocopherol, beta		0.05	0.019 0.456	4	A A	1 1		0.11	0.06	0.12
Tocopherol, gamma		2.50		4	A	1		6.09	3.42	6.41
Tocopherol, delta		0.52	0.117	4	A A	1		1.28	0.72	1.35
Tocotrienol, alpha		0.13	0.022	4	A			0.33	0.18	0.35
Tocotrienol, beta		0.01	0.012	4	A	1		0.03	0.02	0.03
Tocotrienol, gamma		0.04	0.021	4	A	1		0.09	0.05	0.10
Tocotrienol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 8.365 0 NC 20.412 11.461 21.499 4:0.....g 0.253 0.012 12 Α 1 0.617 0.347 0.650 6:0.....g 0.212 0.011 12 Α 0.517 0.290 0.544 0.007 12 8:0.....g 0.135 Α 1 0.329 0.185 0.346 10:0.....g 0.330 0.017 12 Α 1 0.804 0.452 0.847 0.020 12 12:0.....g 0.377 Α 1 0.919 0.516 0.968 13:0.....g 1.212 0.065 12 3.114 14:0.....g Α 1 2.957 1.660 0.128 0.007 12 1 0.328 15:0......g Α 0.311 0.175 0.180 12 10.162 3.954 9.648 5,417 16:0.....g Α 1 17:0.....g 0.084 0.004 12 1 0.205 0.115 0.216 1.620 0.074 12 2.219 4.162 Α 1 3.952 18:0.....g 0.034 0.002 12 А 1 0.083 0.047 0.088 0.020 0.002 12 0.048 0.027 0.050 22:0.....g Α 1 0.009 0.001 12 0.022 0.013 0.024 24:0.....g Α 1 12.042 Fatty acids, total monounsaturated......g 4.686 0 NC 4 11,433 6.420 0.285 14:1.....g 0.117 0.007 12 Α 1 0.160 0.301 0.000 12 0.000 0.000 0.000 0.000 15:1.....g Α 1 16:1 undifferentiated......g 0.218 0.013 12 0.532 0.299 0.560 AS 1 0.178 0.011 12 А 1 0.434 0.244 0.457 16:1 c......g 0.040 0.002 12 1 0.098 0.055 0.103 16:1 t.....g Α 0.028 0.002 12 0.038 0.067 0.071 17:1......g Α 1 4.284 0.256 12 AS 1 10.454 5.870 11.011 18:1 undifferentiated......g 3.892 0.184 12 5.332 10.002 9.496 18:1 c.....g Α 1 0.393 0.091 12 1 0.958 0.538 1.009 18:1 t......g Α 18:1-11 t (18:1t n-7)......g 0.039 0.002 12 Α 1 0.095 0.053 0.100 20:1.....g 0.000 12 0.000 AS 1 0.000 0.000 0.000 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 0.000 12 0.000 0.000 0.000 Α 1 22:1 t......g 0.000 12 0.000 Α 1 0.000 0.000 0.000 2.746 0 NC 4 6.701 3.762 7.058 Fatty acids, total polyunsaturated......Q 0.193 12 18:2 undifferentiated......g 2,427 AS 1 5.923 3.325 6.238 2.254 0.190 12 A 1 5.499 3.087 5.792 18:2 n-6 c.c....g 0.004 12 18:2 CLAs......g 0.068 1 0.165 0.093 0.174 18:2 t,t.....g 18:2 i.....g 0.106 0.008 12 0.259 0.146 0.273 18:2 t not further defined......g 1 0.027 12 18:3 undifferentiated......g 0.359 0.262 1 0.639 0.673 AS 0.246 0.025 12 A 1 0.601 0.337 18:3 n-3 c,c,c (ALA)......g 0.633 0.015 0.001 12 0.036 0.020 0.038 18:3 n-6 c,c,c.....g Α 1 0.001 0.000 12 0.001 0.001 0.001 18:3i.....g 1 0.000 0.000 12 1 0.000 Α 0.000 0.000 18:4.....g 0.005 0.001 12 0.012 0.007 0.013 20:2 n-6 c,c.....g Α 1 0.015 0.001 12 0.020 0.038 20:3 undifferentiated.....g AS 1 0.036 0.001 0.000 12 1 0.001 0.003 20:3 n-3.....g А 0.002 0.001 12 0.014 Α 1 0.033 0.019 0.035 20:3 n-6.....g 0.023 0.001 12 1 0.032 0.060 20:4 undifferentiated......g Α 0.057 20:4 n-6.....g 0.004 0.000 12 1 0.009 0.005 0.009 20:5 n-3 (EPA)......g Α 21:5.....g 0.001 12 0.008 22:4.....g 0.003 Α 1 0.008 0.004 22:5 n-3 (DPA).....g 0.007 0.000 12 0.018 0.010 0.019 Α 1 22:6 n-3 (DHA).....g 0.000 12 0.000 Α 1 0.000 0.000 0.000 0.540 0 NC 4 1.317 0.739 1.387 Fatty acids, total trans-monoenoic......g 0.433 0 NC 4 1,056 0.593 1.112 Fatty acids, total trans-polyenoic.......g 0.107 NC 0.261 0.146 0.274 Cholesterol....mg 42 2.568 6 Α 1 101 57 107 Phytosterols.....mg Amino Acids: 0.151 1 0.368 0.207 0.387 Tryptophan......g Α 0.418 0 Α 1 1.020 0.573 1.075 Threonine......g

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3		
Isoleucineg	0.520	0	A	1		1.269	0.713	1.337		
Leucineg	1.128	0	A	1		2.752	1.545	2.899		
Lysineg	0.914	0	A	1		2.230	1.252	2.349		
Methionineg	0.306	0	A	1		0.748	0.420	0.787		
Cystineg	0.117	0	A	1		0.285	0.160	0.300		
Phenylalanineg	0.603	0	A	1		1.471	0.826	1.549		
Tyrosineg	0.535	0	A	1		1.305	0.733	1.375		
Valineg	0.686	0	A	1		1.673	0.939	1.762		
Arginineg	0.457	0	A	1		1.115	0.626	1.174		
Histidine	0.306	0	A	1		0.748	0.420	0.787		
Alanineg	0.374	0	A	1		0.913	0.513	0.962		
Aspartic acidg	0.788	0	A	1		1.922	1.079	2.024		
Glutamic acidg	2.480	0	A	1		6.052	3.398	6.374		
Glycineg	0.248	0	A	1		0.605	0.340	0.637		
Prolineg	1.585	0	A	1		3.868	2.172	4.074		
Serineg	0.647	0	A	1		1.578	0.886	1.662		
Hydroxyprolineg	0.000	2	A	1		0.000	0.000	0.000		

Common Measures:

Measure 1 = 244g: 1 serving serving size varied from 1 to 3 enchiladas

Measure 2 = 137g: 1 enchilada Measure 3 = 257g: 2 enchilada

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amour	nt in 100 gr	ams	ot edi	ble portion	Amount in e	edible portion	of common
			Nun	nber			<u>m</u>	easures of fo	<u>od</u>
			of l	Data	Deriv	Source Confidence	e		
Nutrients and Uni	its	Mean Std	l. Error Po	ints	Code	Code Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	33.75	1.085	12	A	1	69.19	65.47	94.16
Energy		368		0	NC	4	754	714	1026
Energy		1539		0	NC	4	3155	2986	4294
Protein		15.93	0.391		A	1	32.66	30.91	44.45
Total lipid (fat)		23.08	0.678	12	A	1	47.32	44.78	64.40
Ash	-	3.12	0.053	12	A	1	6.41	6.06	8.72
Carbohydrate, by difference		24.11		0	NC	4	49.43	46.77	67.27
Fiber, total dietary		1.7	0.216	6	A	1	3.5	3.3	4.8
Sugars, total		2.21	0.128	6	A	1	4.52	4.28	6.16
Sucrose	g	0.00	0.000	6	A	1	0.00	0.00	0.00
Glucose (dextrose)		0.47	0.092	6	A	1	0.96	0.90	1.30
Fructose	g	0.23	0.030	6	A	1	0.47	0.45	0.64
Lactose		0.34	0.156	6	A	1	0.70	0.66	0.95
Maltose	g	1.05	0.142	6	A	1	2.16	2.05	2.94
Galactose		0.12	0.030	6	A	1	0.24	0.22	0.32
Starch	g	18.62	1.675	6	A	1	38.16	36.12	51.94
Minerals:		400				_			1000
Calcium, Ca	-	430			A	1 1	882	835	1200
Iron, Fe		1.52 24	0.082 0.355	12	A A	1	3.11 49	2.94 47	4.23 67
Magnesium, Mg		347		12	A	1	711	673	967
Phosphorus, P Potassium, K		102	5.099	12	A	1	208	197	283
Sodium, Na	_	701			A	1	1436	1359	1955
Zinc, Zn	-	2.16	0.065	12	A	1	4.43	4.19	6.03
Copper, Cu		0.069	0.003	12	A	1	0.141	0.133	0.19
Manganese, Mn		0.279	0.021	12	A	1	0.571	0.541	0.77
Selenium, Se		23.3	0.626	6	A	1	47.7	45.1	64.9
Vitamins:									
Vitamin C, total ascorbic acid	g								
Thiamin	mg	0.223	0.023	6	A	1	0.458	0.433	0.62
Riboflavin	-	0.323	0.010	6	A	1	0.663	0.627	0.90
Niacin	-	1.973	0.209	6	A	1	4.045	3.828	5.50
Pantothenic acid		0.377	0.005	4	A	1	0.774	0.732	1.05
Vitamin B-6	•	0.075	0.009	6	A	1	0.154	0.145	0.20
Folate, total		52	3.920	6	A	1	106	100	144
Folate, DFE									
Choline, total									
Betaine		0.99	0.078	6	7	1	2.03	1.92	2.77
Vitamin A BAE		155	0.078	0	A As	1	319	302	434
Vitamin A, RAE Vitamin A, IU		518		0	AS	1	1063	1006	1446
Lycopene		310		U	Ab	-	1003	1000	1110
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)		0.61	0.043	5	A	1	1.25	1.18	1.70
Tocopherol, beta		0.02	0.014	5	A	1	0.05	0.04	0.06
Tocopherol, gamma		1.26	0.247	5	A	1	2.58	2.44	3.51
Tocopherol, delta		0.38	0.099	5	A	1	0.79	0.74	1.07
Tocotrienol, alpha		0.05	0.014	5	A	1	0.11	0.10	0.15
Tocotrienol, beta		0.06	0.019	5	A	1	0.12	0.11	0.16
Tocotrienol, gamma		0.00	0.000	5	A	1	0.00	0.00	0.00
Tocotrienol, delta		0.00	0.000	5	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3)									
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone	µg								
Menaquinone-4	µg								

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 11.559 0 NC 23.696 22.425 32.250 4:0.....g 0.336 0.017 12 Α 1 0.689 0.652 0.938 6:0.....g 0.284 0.014 12 Α 0.582 0.551 0.792 0.009 12 0.182 0.352 8:0.....g Α 1 0.3720.507 10:0.....g 0.443 0.020 12 Α 1 0.907 0.858 1.235 0.024 12 12:0.....g 0.511 Α 1 1.047 0.991 1.425 13:0.....g 0.074 12 4.496 14:0.....g 1.611 Α 1 3.303 3.126 0.168 0.008 12 1 15:0......g Α 0.345 0.326 0.469 0.247 12 5.527 11,330 10,722 15,420 16:0.....g Α 1 17:0.....g 0.106 0.005 12 1 0.218 0.206 0.296 2.320 0.077 12 4.501 Α 1 4.756 6.473 18:0.....g 0.042 0.002 12 А 1 0.086 0.081 0.117 0.020 0.001 12 1 0.041 0.039 0.056 22:0.....g Α 0.010 0.001 12 0.020 0.019 0.027 24:0.....g Α 1 17.751 Fatty acids, total monounsaturated......g 6.362 0 NC 4 13.043 12.343 0.305 14:1.....g 0.149 0.007 12 Α 1 0.288 0.415 0.000 0.000 12 0.000 0.000 0.000 15:1.....g Α 1 16:1 undifferentiated......g 0.270 0.016 12 0.553 0.523 0.753 AS 1 0.217 0.014 12 А 1 0.445 0.421 0.605 16:1 c......g 0.053 0.002 12 1 0.108 0.103 0.147 16:1 t.....g Α 0.033 0.001 12 0.067 0.063 0.091 17:1......g Α 1 5.866 0.322 12 AS 1 12.026 11.381 16.367 18:1 undifferentiated......g 0.200 12 10.523 14.322 5.133 1 9.958 18:1 c.....g Α 0.733 0.156 12 1 1.503 1.422 2.045 18:1 t......g Α 18:1-11 t (18:1t n-7)......g 0.044 0.001 12 Α 1 0.091 0.086 0.123 20:1.....g 0.000 12 0.001 AS 1 0.002 0.002 0.002 22:1 undifferentiated......g 0.000 12 22:1 c.....g 0.001 Α 1 0.002 0.002 0.002 0.000 0.000 12 0.000 0.000 0.000 Α 1 22:1 t......g 0.000 12 0.000 Α 1 0.000 0.000 0.000 Fatty acids, total polyunsaturated.....g 1.971 0 NC 4 4.041 3.824 5.500 0.110 12 18:2 undifferentiated......g 1.733 AS 1 3.553 3.363 4.836 1.477 0.116 12 A 1 3.029 2.866 4.122 18:2 n-6 c.c....g 0.003 12 18:2 CLAs......g 0.088 1 0.181 0.171 0.246 18:2 t,t.....g 18:2 i.....g 0.168 0.011 12 0.325 0.468 18:2 t not further defined......g 1 0.344 0.015 12 18:3 undifferentiated......g 0.338 0.320 0.165 1 0.460 AS 0.156 0.014 12 A 1 0.321 0.304 18:3 n-3 c,c,c (ALA)......g 0.437 0.006 0.001 12 0.013 0.013 0.018 18:3 n-6 c,c,c.....g Α 1 0.002 0.000 12 0.004 0.004 0.005 18:3i.....g 1 0.000 0.000 12 1 0.001 Α 0.001 0.001 18:4.....g 0.004 0.001 12 0.009 0.008 0.012 20:2 n-6 c,c.....g Α 1 0.020 0.001 12 0.056 20:3 undifferentiated.....g AS 1 0.041 0.039 0.001 0.000 12 1 0.002 0.003 20:3 n-3.....g А 0.003 0.001 12 0.019 Α 1 0.039 0.037 0.053 20:3 n-6.....g 0.030 0.001 12 1 0.057 0.082 20:4 undifferentiated......g Α 0.061 20:4 n-6.....g 0.005 0.000 12 1 0.010 0.009 0.013 20:5 n-3 (EPA)......g Α 21:5.....g 0.000 12 0.012 22:4.....g 0.004 Α 1 0.009 0.009 22:5 n-3 (DPA).....g 0.010 0.000 12 0.020 0.018 0.027 Α 1 22:6 n-3 (DHA).....g 0.000 12 0.000 Α 1 0.000 0.000 0.000 0.955 0 NC 4 1.959 1.854 2.666 Fatty acids, total trans-monoenoic......g 0.786 0 NC 4 1,611 1.525 2,193 Fatty acids, total trans-polyenoic.......g 0.169 NC 0.347 0.329 0.473 Cholesterol....mg 52 3.409 6 Α 1 106 100 144 Phytosterols.....mg Amino Acids: 0.192 1 0.395 0.373 0.537 Tryptophan......g Α 0.535 0 Α 1 1.096 1.037 1.492 Threonine.....g

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error	of Data	Deriv	Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
	0.504	•	_		1 402		
Isoleucineg	0.684 1.417	0	A A	1	1.403 2.905	1.328 2.749	1.909 3.953
Leucine	1.417	0	A	1	2.905	2.749	3.953
Lysineg	0.385	0	A	1	0.789	0.747	1.074
Methionineg	0.385	0	A	1	0.789	0.747	0.551
Cystineg	0.198	0	A		1.688		2.297
Phenylalanineg		-		1		1.597	
Tyrosineg	0.610	0	A	1	1.251	1.184	1.702
Valineg	0.893	0	A	1	1.831	1.733	2.492
Arginineg	0.594	0	A	1	1.217	1.151	1.656
Histidineg	0.396	0	A	1	0.811	0.768	1.104
Alanineg	0.449	0	A	1	0.920	0.871	1.253
Aspartic acidg	0.963	0	A	1	1.973	1.868	2.686
Glutamic acidg	3.927	0	A	1	8.051	7.619	10.957
Glycineg	0.369	0	A	1	0.756	0.715	1.028
Prolineg	2.836	0	A	1	5.813	5.501	7.912
Serineg	0.866	0	A	1	1.775	1.680	2.416
Hydroxyprolineg	0.000	2	A	1	0.000	0.000	0.000

Common Measures:

Measure 1 = 205g: 1 serving serving size varied on diameter and count of quesadila

Measure 2 = 194g: 1 quesadilla 8-10 inch diameter Measure 3 = 279g: 3 quesadilla 5-6 inch diameter

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		<u>Am o</u>	<u>unt in 100 g</u>	rams	of edi	ble portion		Amount in edible portion of common			
			Nu	mbe	r			<u>m</u>	easures of fo	od	
						Source Co	onfidence				
Nutrients and Unit		Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure 3	
Nutrients and one	.5	Weari 3	tu. Li Toi -	•				Wicasure i	Weasure 2	Weasure	
Proximates:											
Water	g	59.10	1.935	9	A	1		178.49	105.79	207.45	
Energy	kcal	216		0	NC	4		651	386	757	
Energy	kJ	903		0	NC	4		2727	1616	3170	
Protein	g	8.99	0.598	9	A	1		27.14	16.08	31.54	
Total lipid (fat)	g	11.99	1.066	9	A	1		36.21	21.46	42.08	
Ash	g	1.96	0.169	9	A	1		5.91	3.50	6.86	
Carbohydrate, by difference	g	17.97		0	NC	4		54.26	32.16	63.06	
Fiber, total dietary	g	2.2	0.195	5	A	1		6.6	3.9	7.7	
Sugars, total	g	1.23	0.112	5	A	1		3.72	2.21	4.33	
Sucrose	g	0.00	0.000	5	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.46	0.125	5	A	1		1.40	0.83	1.63	
Fructose	g	0.35	0.060		A	1		1.07	0.64	1.25	
Lactose	g	0.41	0.229	_	A	1		1.25	0.74	1.45	
Maltose	g	0.00	0.000		A	1		0.00	0.00	0.00	
Galactose	g	0.00	0.000		A	1		0.00	0.00	0.00	
Starch	g	13.86	0.987	5	A	1		41.86	24.81	48.65	
Minerals:						_					
Calcium, Ca		111	30.682		A -	1		334	198	388	
Iron, Fe		0.87	0.082		A	1 1		2.62 92	1.56 54	3.05	
Magnesium, Mg		30 161	1.243 13.718		A A	1		92 486	288	107 565	
Phosphorus, P Potassium, K		176	14.958		A	1		533	316	619	
Sodium, Na	-	503	35.540		A	1		1520	901	1767	
Zinc, Zn	-	1.31	0.376		A	1		3.96	2.35	4.60	
Copper, Cu		0.060	0.005		A	1		0.182	0.108	0.21	
Manganese, Mn		0.156	0.014	. 9	A	1		0.472	0.280	0.54	
Selenium, Se		12.1	1.715	5	A	1		36.4	21.6	42.3	
Vitamins:											
Vitamin C, total ascorbic acid	-										
Thiamin		0.068	0.017		A	1		0.205	0.122	0.23	
Riboflavin	-	0.132	0.012		A	1		0.398	0.236	0.46	
Niacin	-	1.928	0.150		A	1		5.822	3.451	6.76	
Pantothenic acid		0.443	0.084		A	1		1.339	0.794	1.55	
Vitamin B-6	•	0.136 12	0.012 3.223		A A	1 1		0.411 35	0.243 21	0.47 41	
Folate, totalFolate, DFE		12	3.223	5	A	1		35	21	41	
Choline, total											
Betaine											
Vitamin B-12		0.29	0.102	5	A	1		0.87	0.52	1.01	
Vitamin A, RAE		124		0	AS	1		374	221	434	
Vitamin A, IU		731		0	AS	1		2209	1309	2567	
Lycopene		268		2	A	1		809	479	940	
Lutein + zeaxanthin	µg	102		2	A	1		307	182	357	
Vitamin E (alpha-tocopherol)	mg	1.74	0.443	4	A	1		5.25	3.11	6.11	
Tocopherol, beta	mg	0.07	0.038	4	A	1		0.22	0.13	0.26	
Tocopherol, gamma	mg	3.17	0.630		A	1		9.57	5.67	11.12	
Tocopherol, delta		0.55	0.199		A	1		1.66	0.98	1.93	
Tocotrienol, alpha		0.14	0.026		A	1		0.43	0.25	0.50	
Tocotrienol, beta	-	0.01	0.014		A	1		0.04	0.03	0.05	
Tocotrienol, gamma	-	0.09	0.059		A	1		0.27	0.16	0.31	
Tocotrienol, delta	-	0.00	0.000	4	A	1		0.00	0.00	0.00	
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol) Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.983 0 NC 12.028 7.129 13.980 4:0.....g 0.064 0.015 9 Α 1 0.192 0.114 0.224 6:0.....g 0.049 0.013 A 0.149 0.088 0.173 0.009 9 0.059 8:0.....g 0.033 Α 1 0.099 0.115 10:0.....g 0.087 0.022 9 Α 1 0.262 0.155 0.304 0.024 12:0.....g 0.093 Α 1 0.282 0.167 0.328 13:0.....g 0.079 0.338 9 0.606 1.187 14:0.....g Α 1 1.022 0.034 0.008 9 1 0.120 15:0......g Α 0.103 0.061 2,265 0.296 9 6.839 4.054 7.949 16:0.....g Α 1 17:0.....g 0.033 0.005 9 Α 1 0.101 0.060 0.117 0.939 0.098 9 1.680 3.295 Α 1 2.835 18:0.....g 0.027 0.003 9 А 1 0.080 0.048 0.093 0.014 0.002 9 1 0.042 0.025 0.049 22:0.....g Α 0.007 0.001 9 0.021 0.013 0.025 24:0.....g Α 1 Fatty acids, total monounsaturated......g 3.822 0 NC 4 11,544 6.842 13.417 0.093 14:1.....g 0.031 0.007 9 Α 1 0.055 0.108 0.000 0.000 0.000 0.000 0.000 15:1.....g Α 1 16:1 undifferentiated......g 0.173 0.020 9 0.522 0.309 0.606 AS 1 0.162 0.019 9 А 1 0.488 0.289 0.567 16:1 c......g 0.011 0.003 9 1 0.033 0.020 0.039 16:1 t.....g Α 0.015 0.002 9 0.045 0.027 0.052 17:1......g Α 1 3.554 0.397 9 AS 1 10.732 6.361 12.473 18:1 undifferentiated......g 0.308 9 5.984 3.343 10.095 11.733 18:1 c.....g Α 1 0.211 0.120 9 Α 1 0.637 0.377 0.740 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.050 0.006 9 Α 1 0.151 0.089 0.175 20:1.....g 0.000 0.000 AS 1 0.000 0.000 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 9 Α 1 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 Α 1 22:1 t......g 0.000 9 0.000 Α 1 0.001 0.001 0.002 Fatty acids, total polyunsaturated.....g 2.967 NC 4 8.960 5.311 10.414 0.242 18:2 undifferentiated......g 2.679 9 AS 1 8.089 4.795 9.402 2.608 0.233 A 1 7.877 4.669 9.155 18:2 n-6 c.c....g 18:2 CLAs......g 0.021 0.004 9 1 0.063 0.037 0.073 18:2 t,t.....g 18:2 i.....g 0.050 0.017 9 1 0.089 0.175 18:2 t not further defined......g Α 0.150 18:3 undifferentiated......g 0.209 0.034 9 0.375 1 0.632 0.735 AS 0.201 0.032 9 A 1 0.360 18:3 n-3 c,c,c (ALA)......g 0.607 0.705 0.009 0.002 9 0.026 0.015 0.030 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 9 0.000 0.000 0.000 18:3i.....g 1 0.003 0.003 9 1 Α 0.010 0.006 0.011 18:4.....g 0.019 0.006 9 Α 0.057 0.034 0.066 20:2 n-6 c,c.....g 1 0.013 0.002 9 0.045 20:3 undifferentiated.....g AS 1 0.039 0.023 0.003 0.001 9 1 0.006 0.012 20:3 n-3.....g Α 0.010 0.001 0.010 9 Α 1 0.029 0.017 0.034 20:3 n-6.....g 0.031 0.002 9 1 0.055 0.108 20:4 undifferentiated......g Α 0.093 20:4 n-6.....g 0.001 0.000 9 А 1 0.003 0.002 0.003 20:5 n-3 (EPA)......g 21:5.....g 0.001 0.027 22:4.....g 0.008 Α 1 0.023 0.014 22:5 n-3 (DPA).....g 0.004 0.001 0.013 0.008 0.016 Α 1 22:6 n-3 (DHA).....g 0.000 0.000 9 Α 1 0.001 0.000 0.001 0.272 0 NC 4 0.820 0.486 0.953 Fatty acids, total trans-monoenoic......g 0.222 0 NC 4 0.670 0.397 0.779 0.050 NC 0.150 0.089 0.175 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 30 3.624 5 Α 1 90 53 104 Phytosterols.....mg Amino Acids: 0.110 1 0.332 0.197 Tryptophan......g Α 0.386 0.370 0 Α 1 1.117 0.662 1.299 Threonine.....g

	Amount in 1	-	<u>1</u>	Amount in edible portion of common measures of food				
		Num be	r			<u>1111 '</u>	easures or roc	<u>u</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.400	0	A	1		1.208	0.716	1.404
Leucineg	0.880	0	A	1		2.657	1.575	3.088
Lysineg	0.710	0	A	1		2.144	1.271	2.492
Methionineg	0.230	0	A	1		0.695	0.412	0.807
Cystineg	0.120	0	A	1		0.362	0.215	0.421
Phenylalanineg	0.550	0	A	1		1.661	0.985	1.931
Tyrosineg	0.300	0	A	1		0.906	0.537	1.053
Valineg	0.470	0	A	1		1.419	0.841	1.649
Arginineg	0.490	0	A	1		1.480	0.877	1.720
Histidineg	0.260	0	A	1		0.785	0.465	0.912
Alanineg	0.480	0	A	1		1.449	0.859	1.684
Aspartic acidg	0.730	0	A	1		2.205	1.307	2.562
Glutamic acid	1.550	0	A	1		4.681	2.774	5.440
Glycineg	0.330	0	A	1		0.997	0.591	1.158
Prolineg	0.840	0	A	1		2.536	1.503	2.948
Serineg	0.430	0	A	1		1.299	0.770	1.509
Hydroxyprolineg	0.000	1	A	1		0.000	0.000	0.000

Common Measures:

Measure 1 = 302g: 1 serving serving size varied from 1 to 3 tamales

Measure 2 = 179g: 1 tamale Measure 3 = 351g: 2 tamale

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	nt in 100 gr	am s	of edi	<u>on</u>	Amount in edible portion of common			
			Nun	nber					easures of fo	
						Source	Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.57	0.976	12	A	1		100.01		
Energy	kcal	156		0	NC	4		230		
Energy	kJ	651		0	NC	4		963		
Protein	g	6.91	0.168	12	A	1		10.22		
Total lipid (fat)	g	6.77	1.072	12	A	1		10.01		
Ash	g	1.96	0.057	12	A	1		2.90		
Carbohydrate, by difference	g	16.79		0	NC	4		24.86		
Fiber, total dietary	g	8.0	0.249	6	A	1		11.8		
Sugars, total	g	0.78	0.058	6	A	1		1.16		
Sucrose	g	0.78	0.058	6	A	1		1.16		
Glucose (dextrose)		0.00	0.000	6	A	1		0.00		
Fructose		0.00	0.000	6	A	1		0.00		
Lactose	g	0.00	0.000	6	A	1		0.00		
Maltose		0.00	0.000	6	A	1		0.00		
Galactose		0.00	0.000	6	A	1		0.00		
Starch		9.37	0.299	6	A	1		13.86		
Minerals:										
Calcium, Ca	_	57	3.806	12	A	1		84		
Iron, Fe	mg	1.62	0.055	12	A	1		2.40		
Magnesium, Mg	mg	44	0.956	12	A	1		66		
Phosphorus, P		128	4.640	12	A	1		189		
Potassium, K	_	402	11.044	12	A	1		594		
Sodium, Na	_	376	16.532		A	1		557		
Zinc, Zn		0.88	0.033	12	A	1		1.30		
Copper, Cu		0.168	0.014	12	A	1		0.248		
Manganese, Mn		0.367	0.012	12	A	1		0.544		
Selenium, Se	µg	8.4	0.891	6	A	1		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	6	A	1		0.0		
Thiamin	_	0.135	0.006	6	A	1		0.200		
Riboflavin	_	0.111	0.005	6	A	1		0.164		
Niacin	mg	0.488	0.041	6	A	1		0.723		
Pantothenic acid	mg	0.290	0.014	4	A	1		0.429		
Vitamin B-6	mg	0.098		0	FLA	4		0.145		
Folate, total	na	29	3.780	6	A	1		43		
Folic acid		0		0	FLA	4		0		
Folate, food		29	3.780	6	A	1		43		
Folate, DFE	µg	29		0	NC	4		43		
Choline, total		55.7		0	AS	1		82.4		
Betaine		13.9		1	A	1		20.5		
Vitamin B-12		0.08	0.008	6	A	1		0.12		
Vitamin B-12, added		0.00		0	FLA	4		0.00		
Vitamin A, RAE		11		0	NC	4		17		
Retinol		11		2	A	1		16		
Carotene, beta		3		0	FLA	4		5		
Carotene, alpha	· -	0		0	FLA	4		0		
Cryptoxanthin, beta		0		0	FLA	4		0		
Vitamin A, IU		42		0	NC	4		62		
Lycopene		0		0	FLA	4		0		
Lutein + zeaxanthin		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.45	0.190	6	A	1		0.66		
Vitamin E, added		0.00	3.130	0	FLA	4		0.00		
Tocopherol, beta		0.04	0.031	6	A	1		0.07		
-		3.68	1.381	6	A	1		5.44		
Tocopherol, gamma		0.81	0.446	6	A	1		1.20		
Tocopherol, delta		0.01		6	A	1		0.01		
Tocotrienol, alpha Tocotrienol, beta		0.01	0.009	6	A A	1		0.01		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.00 0.000 0.00 Tocotrienol, gamma.....mg A 1 0.00 0.000 Tocotrienol, delta.....g 6 Α 1 0.00 Vitamin D (D2 + D3)......µg 0.0 FLA 0.0 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 0 FLA 2 4 Vitamin K (phylloquinone)......µg 13.3 2 Α 1 19.7 2 Dihydrophylloquinone.....µg 0.0 Α 1 0.0 Menaquinone-4.....µg 0.5 2 A 1 0.8 Lipids: Fatty acids, total saturated......g 1.840 0 NC 4 2.723 0.030 0.003 11 1 4:0.....g Α 0.045 0.019 0.003 11 0.028 6:0.....g 1 0.002 11 0.015 0.022 Α 1 0.045 0.005 11 10:0.....g 1 0.067 0.005 11 0.038 0.057 1 12:0.....g Α 13:0.....g 0.133 0.015 11 1 0.196 Α 15:0.....g 0.014 0.001 11 Α 1 0.021 1.038 0.121 11 А 1 1.536 16:0......g 0.015 0.002 11 Α 1 0.023 0.453 0.054 11 0.670 Α 1 18:0.....g 0.017 0.004 11 1 0.026 20:0.....g 0.014 0.004 11 Α 1 0.021 22:0.....g 0.008 0.002 11 Α 1 0.011 Fatty acids total monounsaturated Q 1.834 0 NC 4 2.715 0.001 11 0.010 Α 1 0.014 14:1.....g 15:1.....g 0.000 0.000 11 Α 1 0.000 16:1 undifferentiated......g 0.052 0.009 11 AS 1 0.078 16:1 c......g 0.050 0.009 11 Α 1 0.074 0.001 11 0.002 Α 1 0.003 16:1 t.....g 0.001 11 0.008 Α 1 0.012 17:1.....g 18:1 undifferentiated......g 1.736 0.251 11 AS 1 2.570 1.665 0.251 11 2.465 18:1 c.....g Α 1 0.071 0.026 11 1 0.105 18:1 t.....g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.027 0.006 11 0.041 Α 1 0.000 0.000 11 22:1 undifferentiated......g 0.000 0.000 11 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 11 22:1 t.....g Α 1 0.000 0.000 11 24:1 c.....g 0.000 Α 1 0.000 Fatty acids, total polyunsaturated.....g 2.344 NC 3.469 18:2 undifferentiated......g 1.914 0.630 11 AS 1 2.833 0.627 11 18:2 n-6 c,c....g 1.893 А 1 2.802 0.001 11 18:2 CLAs.....g 0.007 Α 1 0.011 18:2 t,t.....g 18:2 i.....g 0.014 0.003 11 1 0.021 18:2 t not further defined......g 0.405 0.088 11 18:3 undifferentiated......g 0.599 AS 1 18:3 n-3 c,c,c (ALA)......g 0.396 0.084 11 А 1 0.587 0.009 0.004 11 Α 1 0.013 18:3 n-6 c,c,c.....g 18:3i.....g 0.000 0.000 11 Α 1 0.000 0.000 0.000 11 0.000 1 Α 18:4......g 0.003 11 20:2 n-6 c,c.....g 0.012 Α 1 0.018 0.003 0.001 11 AS 1 0.005 20:3 undifferentiated......g 0.001 0.001 11 A 1 0.002 20:3 n-3.....g 0.002 0.001 11 20:3 n-6 a Α 1 0.003 20:4 undifferentiated......g 0.008 0.001 11 1 0.012 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 11 Α 1 0.000 21:5......g 0.001 0.000 11 Α 1 0.001 22:4.....g 22:5 n-3 (DPA).....g 0.000 0.000 11 Α 1 0.000

Amount in 100 grams of edible portion								Amount in edible portion of common			
		Nu	mbei	•			<u>m</u>	easures of foo	<u>od</u>		
		of	Data	Deriv	Source (Confidence					
Nutrients and Units	Mean St	d. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
22:6 n-3 (DHA)g	0.000	0.000	11	A	1		0.000				
Fatty acids, total transg	0.087		0	NC	4		0.129				
Fatty acids, total trans-monoenoicg	0.073		0	NC	4		0.108				
Fatty acids, total trans-polyenoicg	0.014		0	NC	4		0.021				
Cholesterolmg	5	0.400	6	A	1		8				
Phytosterolsmg											
Amino Acids:											
Tryptophang	0.071		0	A	1		0.105				
Threonineg	0.267		0	A	1		0.395				
Isoleucineg	0.272		0	A	1		0.403				
Leucineg	0.539		0	A	1		0.798				
Lysineg	0.533		0	A	1		0.788				
Methionineg	0.082		0	A	1		0.121				
Cystineg	0.060		0	A	1		0.088				
Phenylalanineg	0.387		0	A	1		0.572				
Tyrosineg	0.169		0	A	1		0.250				
Valineg	0.289		0	A	1		0.428				
Arginineg	0.414		0	A	1		0.612				
Histidineg	0.196		0	A	1		0.290				
Alanineg	0.267		0	A	1		0.395				
Aspartic acidg	0.726		0	A	1		1.074				
Glutamic acidg	0.971		0	A	1		1.436				
Glycineg	0.277		0	A	1		0.410				
Prolineg	0.255		0	A	1		0.377				
Serineg	0.387		0	A	1		0.573				
Hydroxyprolineg	0.000		2	A	1		0.000				
Others:											
Alcohol, ethylg	0.0		0	FLA	4		0.0				
Caffeinemg	0		0	FLA	4		0				
Theobrominemg	0		0	FLA	4		0				

Common Measures:

Measure 1 = 148g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36061 Restaurant, Mexican, soft taco with ground beef, cheese and lettuce

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	ot edi	ble portion		Amount in edible portion of common		
			Nun	nber	•			<u>m</u>	easures of fo	od_
			of	Data	Deriv	Source Co	nfidence			
Nutrients and Unit	ts	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.50	1.144	11	A	1		158.77	75.71	157.64
Energy	kcal	219		0	NC	4		616	294	612
Energy	kJ	917		0	NC	4		2577	1229	2558
Protein	g	12.56	0.573	11	A	1		35.28	16.83	35.03
Total lipid (fat)	g	10.81	0.592	11	A	1		30.39	14.49	30.17
Ash	g	2.21	0.124	11	A	1		6.20	2.96	6.16
Carbohydrate, by difference	g	17.92		0	NC	4		50.36	24.01	50.00
Fiber, total dietary	g	1.5	0.222	5	A	1		4.2	2.0	4.1
Sugars, total	g	2.39	0.267	5	A	1		6.72	3.21	6.67
Sucrose	g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.79	0.066	5	A	1		2.23	1.06	2.22
Fructose	g	0.66	0.068	5	A	1		1.87	0.89	1.85
Lactose	g	0.39	0.203	5	A	1		1.09	0.52	1.08
Maltose	g	0.45	0.049	5	A	1		1.26	0.60	1.25
Galactose	g	0.10	0.025	5	A	1		0.28	0.13	0.28
Starch		12.34	1.000	5	A	1		34.68	16.54	34.43
Minerals:										
Calcium, Ca	mg	116	5.214	11	A	1		326	156	324
Iron, Fe	mg	1.85	0.076	11	A	1		5.19	2.47	5.15
Magnesium, Mg	mg	27	1.376	11	A	1		75	36	75
Phosphorus, P		172	5.398	11	A	1		483	230	480
Potassium, K	_	244	9.852	11	A	1		685	327	680
Sodium, Na	-	509	40.444		A	1		1429	682	1419
Zinc, Zn		2.15	0.162		A	1		6.03	2.88	5.99
Copper, Cu		0.099	0.008	11	A	1		0.278	0.133	0.27
Manganese, Mn		0.269 19.3	0.030 2.128	11 5	A A	1 1		0.756 54.2	0.360 25.8	0.75 53.8
	µy	17.5	2.120	3	A	-		34.2	23.0	33.0
Vitamins:										
Vitamin C, total ascorbic acid	-	0.162	0.014	5	А	1		0.455	0.217	0.45
Thiamin		0.162	0.014	5	A	1		0.455	0.217	0.45
Riboflavin	-	2.630	0.016	5	A	1		7.390	3.524	7.33
Pantothenic acid	-	0.465	0.012	4	A	1		1.307	0.623	1.29
Vitamin B-6		0.136	0.012	5	A	1		0.382	0.182	0.37
Folate, total	•	38	5.548	5	A	1		106	51	105
Folate, DFE		30	3.310	•		-		100	31	103
Choline, total										
Betaine										
Vitamin B-12		1.22	0.058	5	A	1		3.43	1.63	3.40
Vitamin A, RAE		49		0	AS	1		139	66	138
Vitamin A, IU		250		0	AS	1		703	335	698
Lycopene	µg	696	374.939	4	A	1		1955	932	1941
Lutein + zeaxanthin		44	7.798	4	A	1		124	59	123
Vitamin E (alpha-tocopherol)	mg	0.82	0.437	4	A	1		2.31	1.10	2.29
Tocopherol, beta		0.03	0.019	4	A	1		0.09	0.04	0.09
Tocopherol, gamma		1.23	0.315	4	A	1		3.45	1.65	3.43
Tocopherol, delta	mg	0.30	0.094	4	A	1		0.83	0.40	0.83
Tocotrienol, alpha	mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta	-	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, gamma	-	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 4.486 0 NC 12.605 6.011 12.516 4:0.....g 0.063 0.006 11 Α 1 0.177 0.084 0.175 6:0.....g 0.045 0.005 11 Α 0.126 0.060 0.125 0.003 11 8:0.....g 0.028 Α 1 0.079 0.038 0.078 10:0.....g 0.072 0.007 11 Α 1 0.201 0.096 0.200 0.086 0.009 11 12:0.....g Α 1 0.242 0.115 0.240 13:0.....g 0.029 11 0.412 0.552 14:0.....g Α 1 1.158 1.150 0.051 0.003 11 1 15:0......g Α 0.143 0.068 0.142 0.134 11 2,350 6.603 3.149 6.556 16:0.....g Α 1 17:0.....g 0.078 0.005 11 1 0.219 0.104 0.217 0.098 11 1.694 3.528 1.265 Α 1 3.553 18:0.....g 0.019 0.001 11 А 1 0.054 0.026 0.054 0.011 0.001 11 0.031 0.015 0.031 22:0.....g Α 1 0.007 0.000 11 0.020 0.009 0.019 24:0.....g Α 1 11.800 Fatty acids, total monounsaturated......g 4.229 0 NC 4 11.884 5.667 14:1.....g 0.069 0.005 11 Α 1 0.193 0.092 0.192 0.000 0.000 11 0.000 0.000 0.000 15:1.....g Α 1 0.242 0.017 11 0.679 0.324 0.674 16:1 undifferentiated......g AS 1 0.217 0.016 11 А 1 0.610 0.291 0.605 16:1 c......g 0.025 0.002 11 1 0.070 0.033 0.069 16:1 t.....g Α 0.048 0.003 11 0.135 0.136 0.065 17:1......g Α 1 3.841 0.238 11 AS 1 10.792 5.147 10.716 18:1 undifferentiated......g 0.187 11 3.340 9.386 4.476 9.319 18:1 c.....g Α 1 0.501 0.082 11 1 1.406 0.671 1.396 18:1 t......g Α 18:1-11 t (18:1t n-7)......g 0.029 0.003 11 Α 1 0.081 0.039 0.080 20:1.....g 0.001 11 0.001 AS 1 0.002 0.001 0.002 22:1 undifferentiated......g 0.001 11 22:1 c.....g 0.001 Α 1 0.002 0.001 0.002 0.000 0.000 11 0.000 0.000 0.000 Α 1 22:1 t......g 0.000 11 0.000 Α 1 0.000 0.000 0.000 1,203 0 NC 4 3.382 1.613 3.358 Fatty acids, total polyunsaturated......g 0.115 11 18:2 undifferentiated......g 1.073 AS 1 3.015 1.438 2.993 0.941 0.115 11 A 1 2.644 1.261 2.625 18:2 n-6 c.c....g 18:2 CLAs......g 0.042 0.004 11 1 0.118 0.056 0.117 18:2 t,t.....g 18:2 i.....g 0.090 0.012 11 0.253 0.120 0.251 18:2 t not further defined......g 1 0.014 11 18:3 undifferentiated......g 0.084 0.113 1 0.237 0.235 AS 0.080 0.014 11 A 1 0.226 0.108 18:3 n-3 c,c,c (ALA)......g 0.224 0.003 0.001 11 0.009 0.005 0.009 18:3 n-6 c,c,c.....g Α 1 0.001 0.000 11 0.002 0.001 0.002 18:3i.....g 1 0.000 0.000 11 1 0.000 Α 0.000 0.000 18:4.....g 0.004 0.001 11 0.005 0.010 20:2 n-6 c,c.....g Α 1 0.010 0.010 0.001 11 0.028 20:3 undifferentiated.....g AS 1 0.028 0.013 0.000 0.000 11 1 0.000 0.001 20:3 n-3.....g Α 0.001 0.001 11 0.010 Α 1 0.027 0.013 0.027 20:3 n-6.....g 0.020 0.002 11 1 0.027 0.056 20:4 undifferentiated......g Α 0.056 20:4 n-6.....g 0.002 0.000 11 1 0.005 0.002 0.005 20:5 n-3 (EPA)......g Α 21:5.....g 0.000 11 0.013 22:4.....g 0.005 Α 1 0.013 0.006 0.006 0.001 11 0.018 0.009 0.018 22:5 n-3 (DPA)......g Α 1 22:6 n-3 (DHA).....g 0.000 11 0.000 Α 1 0.000 0.000 0.000 0.616 0 NC 4 1.730 0.825 1.718 Fatty acids, total trans-monoenoic......g 0.525 0 NC 4 1,476 0.704 1,466 0.091 NC 0.254 0.121 0.253 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 34 1.920 5 1 94 45 94 Phytosterols.....mg Amino Acids: 0.125 1 0.350 0.167 0.348 Tryptophan......g Α 0.475 0 Α 1 1.336 0.637 1.326 Threonine.....g

	Amount in 100 grams of edible portion							
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Cor	nfidence			
Nutrients and Units	Mean Std. Erro	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
				_				
Isoleucineg	0.504	0	A	1		1.415	0.675	1.405
Leucineg	1.005	0	A	1		2.825	1.347	2.805
Lysineg	0.943	0	A	1		2.649	1.263	2.630
Methionineg	0.280	0	A	1		0.788	0.376	0.782
Cystineg	0.147	0	A	1		0.412	0.197	0.410
Phenylalanineg	0.598	0	A	1		1.680	0.801	1.668
Tyrosineg	0.371	0	A	1		1.043	0.497	1.035
Valineg	0.594	0	A	1		1.670	0.796	1.658
Arginineg	0.703	0	A	1		1.975	0.942	1.961
Histidineg	0.316	0	A	1		0.889	0.424	0.882
Alanineg	0.636	0	A	1		1.787	0.852	1.774
Aspartic acidg	0.951	0	A	1		2.672	1.274	2.653
Glutamic acidg	2.282	0	A	1		6.412	3.058	6.367
Glycineg	0.668	0	A	1		1.876	0.895	1.863
Proline	1.871	0	A	1		5.257	2.507	5.219
Serine	0.540	0	A	1		1.517	0.724	1.506
Hydroxyprolineg	0.265	2	A	1		0.745	0.355	0.739

Common Measures:

Measure 1 = 281g: 1 serving varied from 1 to 3 tacos per serving

Measure 2 = 134g: 1 taco Measure 3 = 279g: 2 taco

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gr	am s	of edi	ole porti	<u>on</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source	Confidence				
Nutrients and Ur	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:		50.54	1 001	10	_			CF 01			
Water	-	58.54	1.001		A	1 4		67.91			
Energy		185		0	NC			215			
Energy		776	0 000	0	NC	4		900			
Protein		3.28	0.090		A -	1		3.81			
Total lipid (fat)		5.29	0.268	12	A -	1		6.13			
Ash	_	1.72	0.124	12	A	1		2.00			
Carbohydrate, by difference		31.16		0	NC	4		36.15			
Fiber, total dietary		1.2	0.117	6	A	1		1.4			
Sugars, total		1.30	0.127	6	A	1		1.50			
Sucrose		0.38	0.106	6	A	1		0.44			
Glucose (dextrose)		0.50	0.081	6	A	1		0.59			
Fructose	g	0.42	0.048	6	A	1		0.48			
Lactose		0.00	0.000	6	A	1		0.00			
Maltose		0.00	0.000	6	A	1		0.00			
Galactose		0.00	0.000	6	A	1		0.00			
Starch	g	27.55	0.532	6	A	1		31.96			
Minerals:											
Calcium, Ca	mq	20	4.349	12	A	1		23			
Iron. Fe	• • • • • • • • • • • • • • • • • • • •	1.15	0.129	12	A	1		1.33			
Magnesium, Mg		13	0.688	12	A	1		16			
Phosphorus, P		57	4.008	12	A	1		66			
Potassium, K		116	5.586	12	A	1		134			
Sodium, Na	mg	528	39.164	12	A	1		612			
Zinc, Zn	mg	0.48	0.027	12	A	1		0.56			
Copper, Cu	mg	0.065	0.004	12	A	1		0.075			
Manganese, Mn	mg	0.390	0.015	12	A	1		0.453			
Selenium, Se	µg	7.4	0.615	6	A	1		8.6			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1	0.059	6	A	1		0.1			
Thiamin	mg	0.183	0.034	6	A	1		0.213			
Riboflavin	mg	0.074	0.004	6	A	1		0.086			
Niacin	mg	2.378	0.379	6	A	1		2.759			
Pantothenic acid	mg	0.415	0.041	4	A	1		0.481			
Vitamin B-6	mg	0.082		0	FLA	4		0.096			
Folate, total	µg	50	5.088	6	A	1		57			
Folic acid	µg	46		0	FLA	4		53			
Folate, food	µg	4		0	NC	4		4			
Folate, DFE	µg	82		0	NC	4		95			
Choline, total	mg	9.1		0	AS	1		10.5			
Betaine	mg	19.9		1	A	1		23.0			
Vitamin B-12	µg	0.08	0.007	6	A	1		0.09			
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00			
Vitamin A, RAE	µg	6		0	AS	1		7			
Retinol	µg	1		2	A	1		1			
Carotene, beta	µg	54	14.755	6	A	1		63			
Carotene, alpha	µg	8	5.413	6	A	1		9			
Cryptoxanthin, beta	µg	0	0.000	6	A	1		0			
Vitamin A, IU		100		0	AS	1		116			
Lycopene	µg	452	137.462	6	A	1		524			
Lutein + zeaxanthin		66	15.702	6	A	1		77			
Vitamin E (alpha-tocopherol)	mg	0.60	0.074	6	A	1		0.70			
Vitamin E, added		0.00		0	FLA	4		0.00			
Tocopherol, beta		0.04	0.013	6	A	1		0.04			
Tocopherol, gamma		2.57	0.345	6	A	1		2.98			
Tocopherol, delta		0.82	0.135	6	A	1		0.95			
Tocotrienol, alpha	ma	0.08	0.033	6	A	1		0.09			

	Amo		of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food				
			Num b		Doriv	Source	Confidence	<u></u>	0404100 01 100	<u>~</u>
Nutrients and Units	Mean	Std. Error				Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.16			6	A	1		0.19		
Tocotrienol, deltamg	0.00	0.		6	A	1		0.00		
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	0.0			0	FLA	4		0.0		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg										
Vitamin D	0			0	FLA	4		0		
Vitamin K (phylloquinone)µg	13.0			2	A	1		15.1		
Dihydrophylloquinoneµg	0.8			2	A	1		0.9		
Menaquinone-4µg	0.0			2	A	1		0.0		
<u>Lipids:</u>										
Fatty acids, total saturatedg	1.00			0	NC	4		1.166		
4:0g	0.00		001 1		A	1		0.001		
6:0g 8:0g	0.00		000 1		A A	1 1		0.000		
10:0	0.00		003 1		A	1		0.006		
12:0g	0.00		002 1		A	1		0.003		
13:0g										
14:0g	0.01		003 1		A	1		0.019		
15:0g	0.00		001 1		A A	1 1		0.002		
16:0g 17:0g	0.66		052 1 001 1		A	1		0.767 0.005		
18:0g	0.27		017 1		A	1		0.319		
20:0g	0.01		002 1		A	1		0.020		
22:0g	0.01	3 0.	002 1	L2	A	1		0.015		
24:0g	0.00		001 1		A	1		0.008		
Fatty acids, total monounsaturatedg	1.51			0	NC	4		1.752		
14:1g 15:1g	0.00		000 1		A A	1 1		0.000		
16:1 undifferentiated	0.01		003 1		AS	1		0.013		
16:1 cg	0.01		003 1		A	1		0.013		
16:1 tg	0.00	0 0.	000 1	L2	A	1		0.000		
17:1g	0.00		001 1		A	1		0.003		
18:1 undifferentiated	1.47		173 1		AS	1		1.713		
18:1 cg 18:1 tg	1.41		159 1 028 1		A A	1 1		1.646 0.067		
18:1-11 t (18:1t n-7)g	0.05	•	020 3	_		-		0.007		
20:1g	0.02	0 0.	003 1	L2	A	1		0.023		
22:1 undifferentiated	0.00	0 0.	000 1	L2	AS	1		0.000		
22:1 cg	0.00		000 1		A	1		0.000		
22:1 tg	0.00		000 1		A A	1 1		0.000		
24:1 cg Fatty acids, total polyunsaturatedg	2.31			0	NC	4		0.000 2.688		
18:2 undifferentiatedg	2.06		150 1		AS	1		2.396		
18:2 n-6 c,cg	2.05	2 0.	149 1	L2	A	1		2.380		
18:2 CLAsg	0.00	2 0.	000 1	L2	A	1		0.002		
18:2 t,tg										
18:2 ig 18:2 t not further definedg	0.01	2 0	003 1	12	A	1		0.014		
18:3 undifferentiated	0.24		023 1		AS	1		0.289		
18:3 n-3 c,c,c (ALA)g	0.23		022 1		A	1		0.276		
18:3 n-6 c,c,cg	0.01	1 0.	001 1	L2	A	1		0.013		
18:3ig	0.00		000 1		A	1		0.000		
18:4g	0.00		000 1		A	1		0.000		
20:2 n-6 c,c	0.00		001 1 000 1		A As	1 1		0.002 0.000		
20:3 n-3g	0.00		000 1		A	1		0.000		
20:3 n-6g	0.00		000 1		A	1		0.000		
20:4 undifferentiatedg	0.00	1 0.	001 1	L2	A	1		0.002		
20:4 n-6g			000		_	-				
20:5 n-3 (EPA)g	0.00	υ 0.	000 1	LZ	A	1		0.000		
21:5g 22:4g	0.00	0 0	000 1	L2	A	1		0.000		
22:5 n-3 (DPA)g	0.00		000 1		A	1		0.000		

	Amount in 100 grams of edible portion Number of Data Deriv Source Confidence							Amount in edible portion of common measures of food			
Nutrients and Units	Mean S	of td. Error P			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3		
22:6 n-3 (DHA)g	0.000	0.000		A	1		0.000				
Fatty acids, total transg	0.070		0	NC	4		0.081				
Fatty acids, total trans-monoenoicg	0.058		0	NC	4		0.067				
Fatty acids, total trans-polyenoicg	0.012		0	NC	4		0.014				
Cholesterolmg	0	0.244	1 6	A	1		1				
Phytosterolsmg											
Amino Acids:											
Tryptophang	0.044		0	A	1		0.051				
Threonineg	0.098		0	A	1		0.114				
Isoleucineg	0.109		0	A	1		0.127				
Leucineg	0.240		0	A	1		0.279				
Lysineg	0.131		0	A	1		0.152				
Methionineg	0.071		0	A	1		0.082				
Cystineg	0.066		0	A	1		0.076				
Phenylalanineg	0.153		0	A	1		0.177				
Tyrosineg	0.104		0	A	1		0.121				
Valineg	0.137		0	A	1		0.159				
Arginineg	0.263		0	A	1		0.305				
Histidineg	0.071		0	A	1		0.082				
Alanineg	0.169		0	A	1		0.196				
Aspartic acidg	0.267		0	A	1		0.310				
Glutamic acidg	0.607		0	A	1		0.704				
Glycineg	0.142		0	A	1		0.165				
Prolineg	0.141		0	A	1		0.164				
Serineg	0.153		0	A	1		0.177				
Hydroxyprolineg	0.000		2	A	1		0.000				
Others:											
Alcohol, ethylg	0.0		0	FLA	4		0.0				
Caffeinemg	0		0	FLA	4		0				
Theobrominemg	0		0	FLA	4		0				

Common Measures:

Measure 1 = 116g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36015 Restaurant, family style, chicken fingers, from kid's menu

		<u>Am o</u>	unt in 100 gr			ble portion		Amount in edible portion of common measures of food		
			Nun	nbe	r			<u>m</u>	easures of for	<u> </u>
						Source Confid	dence			
Nutrients and Un	its	Mean S	td. Error Po	ints	Code	Code Co	de	Measure 1	Measure 2	Measure 3
Proximates: Water	a	42.17	0.794	18	A	1		48.08	15.60	
Energy	_	307	0.,51	0	NC	4		350	114	
Energy		1284		0	NC	4		1464	475	
Protein		18.68	0.346	18	A	1		21.29	6.91	
Total lipid (fat)	-	17.45	0.599	18	A	1		19.89	6.46	
Ash		2.93		18	A	1		3.34	1.08	
		18.77	0.061	0		4				
Carbohydrate, by difference		1.1	0.064		NC	1		21.40	6.95	
Fiber, total dietary			0.064	9	A -			1.2	0.4	
Sugars, total		0.33	0.012	7	A	1		0.38	0.12	
Sucrose		0.03	0.003	9	A	1		0.03	0.01	
Glucose (dextrose)		0.24	0.009	9	A	1		0.27	0.09	
Fructose		0.00	0.000	9	A	1		0.00	0.00	
Lactose		0.00	0.000	9	A	1		0.00	0.00	
Maltose	g	0.01	0.000	7	A	1		0.02	0.01	
Galactose	g	0.00	0.000	9	A	1		0.00	0.00	
Starch	g	18.01	0.530	9	A	1		20.53	6.66	
Minerals:										
Calcium, Ca	ma	21	1.231	18	A	1		24	8	
Iron, Fe	-	0.76	0.024		A	1		0.86	0.28	
		29	0.490		A	1		33	11	
Magnesium, Mg Phosphorus, P		306		18	A	1		349	113	
	-	322	6.320		A	1		367	119	
Potassium, K	-	809	20.660		A	1		922	299	
Sodium, Na	_					1				
Zinc, Zn		0.67 0.068	0.014		A	1		0.76	0.25 0.025	
Copper, Cu		0.068			A	1		0.077 0.290	0.025	
Manganese, Mn Selenium, Se		20.0	1.986	9	A A	1		22.9	7.4	
<i>'</i>	µ9	20.0	1.500	,		-		22.5	7.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	-	0.098		9	A	1		0.111	0.036	
Riboflavin		0.166		9	A	1		0.189	0.061	
Niacin	-	7.628		9	A	1		8.696	2.822	
Pantothenic acid	mg	1.558	0.071	6	A	1		1.776	0.577	
Vitamin B-6	mg	0.453	0.013	9	A	1		0.516	0.168	
Folate, total	µg	7	1.192	3	A	1		8	3	
Folic acid	µg									
Folate, food	µg	7	1.192	3	A	1		8	3	
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.13	0.011	9	A	1		0.14	0.05	
Vitamin A, RAE	µg	5		0	AS	1		5	2	
Retinol	µg	4	1.577	3	A	1		4	1	
Carotene, beta	µg	9	7.367	3	A	1		10	3	
Carotene, alpha	µg	0	0.123	3	A	1		0	0	
Cryptoxanthin, beta	µg	4	3.597	3	A	1		5	2	
Vitamin A, IU		31		0	AS	1		35	11	
Lycopene		2	1.900	3	A	1		2	1	
Lutein + zeaxanthin		58	6.643	3	A	1		66	21	
Vitamin E (alpha-tocopherol)		1.47	0.122	9	A	1		1.67	0.54	
Tocopherol, beta		0.19	0.013	9	A	1		0.22	0.07	
Tocopherol, gamma		8.24	0.602	9	A	1		9.39	3.05	
Tocopherol, delta		2.74	0.630	9	A	1		3.12	1.01	
Tocotrienol, alpha		0.01	0.006	9	A	1		0.01	0.00	
Tocotrienol, beta		0.10	0.042	9	A	1		0.11	0.04	
Tocotrienol, gamma		0.83	0.485	9	A	1		0.95	0.31	
=		0.00	0.000		A	1		0.00	0.00	
Tocotrienol, delta	9	0.00	0.000	,	A	_		0.00	0.00	

Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D (D2 + D3)......µg Vitamin D2 (ergocalciferol)......µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U Vitamin K (phylloquinone)......UQ 28.0 Α 1 31.9 10.3 A 1 0.1 Dihydrophylloquinone.....µg 0.2 Menaquinone-4.....µg 6.9 7 Α 1 7.8 2.5 Lipids: Fatty acids, total saturated.....g 3.199 NC 3.647 1.184 0 4 0.000 0.000 9 1 0.000 0.000 4:0.....g Α 6:0.....g 0.000 0.000 9 Α 1 0.000 0.000 0.008 0.001 9 0.003 1 0.009 8:0.....g Α 0.005 0.000 9 A 1 0.005 0.002 0.003 0.001 12:0 a Α 1 0.003 0.001 13:0.....g 0.021 0.001 0.023 Α 1 0.008 14:0.....g 15:0.....g 0.005 0.000 9 А 1 0.005 0.002 1.946 0.109 1 2.219 0.720 16:0......g Α 17:0.....g 0.019 0.001 9 Α 1 0.021 0.007 18:0......g 1.058 0.080 9 Α 1 1.206 0.392 20:0.....g 0.057 0.003 9 Α 1 0.064 0.021 0.057 0.004 0.065 0.021 Α 1 0.001 0.021 9 Α 1 0.024 0.008 24:0.....g Fatty acids, total monounsaturated..........g 3.962 NC 4 4.517 1.466 0.000 14:1.....g 0.001 9 Α 1 0.002 0.000 15:1 q 0.000 0.000 Α 1 0.000 0.000 0.003 9 16:1 undifferentiated......g 0.052 AS 1 0.060 0.019 16:1 c.....g 0.052 0.003 А 1 0.060 0.019 0.000 16:1 t.....g 0.000 9 Α 1 0.000 0.000 0.001 17:1.....g 0.010 Α 1 0.011 0.004 0.241 9 18:1 undifferentiated......g 3.807 AS 1 4.340 1.409 18:1 c.....g 3.771 0.237 9 А 1 4.299 1.395 0.007 18:1 t.....g 0.036 9 Α 1 0.042 0.013 18:1-11 t (18:1t n-7).....g 0.091 0.010 9 0.103 0.034 20:1.....g Α 1 22:1 undifferentiated......g 0.001 0.000 1 9 AS 0.001 0.000 0.001 0.000 9 0.001 0.000 22:1 c.....g Α 1 0.000 0.000 9 0.000 22:1 t.....g Α 1 0.000 0.000 24:1 c.....g 0.000 9 Α 1 0.000 0.000 9.013 NC 4 10.275 3.335 0 7.890 0.494 18:2 undifferentiated......g 9 AS 1 8.994 2.919 7.775 0.483 8.863 2.877 18:2 n-6 c,c....g 9 Α 1 0.004 1 0.020 А 18:2 CLAs......g 0.023 0.007 18:2 t,t.....g 18:2 t not further defined......g 0.095 0.011 9 1 0.108 0.035 1.038 0.061 9 AS 1 1.184 0.384 18:3 undifferentiated......g 18:3 n-3 c,c,c (ALA).....g 0.969 0.057 9 Α 1 1.105 0.359 18:3 n-6 c,c,c.....g 0.069 0.009 0.079 0.026 Α 1 0.000 18:3i.....g 0.000 9 Α 1 0.000 0.000 0.000 0.000 Α 1 0.000 0.000 18:4.....g 0.012 0.001 Α 1 0.013 0.004 0.011 0.001 0.012 0.004 AS 1 0.000 20:3 n-3.....g 0.001 9 Α 1 0.001 0.000 0.010 0.000 9 A 1 0.011 0.004 20:3 n-6......g 20:4 undifferentiated......g 0.043 0.002 9 Α 1 0.049 0.016 0.000 9 0.001 0.000 20:5 n-3 (EPA)......g Α 1 0.001 21:5.....g 0.014 0.001 9 0.016 0.005 22:4....g Α 1 22:5 n-3 (DPA)......g 0.003 0.001 9 Α 1 0.003 0.001 0.003 0.001 9 Α 1 0.003 0.001 22:6 n-3 (DHA)......g NC 4 0.150 0.049 Fatty acids, total trans......g 0.131

Amount in 100 grams of edible portion

	<u>Am ount</u>	in 100 gr	am s		<u>!</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.		Data	Deriv	Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.036 0.095 46	1.237	0 0 9	NC NC A	4 4 1		0.042 0.108 52	0.013 0.035 17	
Amino Acids: 9 Tryptophan 9 Threonine 9 Isoleucine 9 Leucine 9 Lysine 9 Methionine 9 Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9	0.213 0.602 0.933 1.594 1.844 0.519 0.260 0.778 0.534 1.022 1.271 0.733 1.052 1.583 3.395 0.862 1.204		0 0 0 0 0 0 0 0 0 0	A A A A A A A A	1 1 1 1 1 1 1 1 1 1 1 1		0.242 0.686 1.063 1.817 2.102 0.592 0.296 0.887 0.608 1.165 1.449 0.835 1.199 1.805 3.871 0.983	0.079 0.223 0.345 0.590 0.682 0.192 0.096 0.288 0.197 0.378 0.470 0.271 0.389 0.586 1.256 0.319	
Proline	0.694 0.022	0.008	0 3	A A A	1 1 1		1.372 0.791 0.026	0.445 0.257 0.008	

Common Measures:

Measure 1 = 114g: 1 serving Measure 2 = 37g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Alliou	nt in 100 g	I aiii S	or ear	bie portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source C	Confidence				
Nutrients and Ur	nits	Mean St	d. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	42.30	0.587	24	A	1		85.01			
Energy	_	302		0	NC	4		608			
Energy		1265		0	NC	4		2543			
Protein		18.88	0.283	24	A	1		37.95			
Total lipid (fat)	_	16.63	0.420	24	A	1		33.43			
Ash		2.90	0.059	24	A	1		5.84			
Carbohydrate, by difference	_	19.29		0	NC	4		38.76			
Fiber, total dietary		0.9	0.088	12	A	1		1.8			
Sugars, total		0.24	0.029	12	A	1		0.49			
Sucrose		0.05	0.002	12	A	1		0.10			
Glucose (dextrose)		0.17	0.021	12	A	1		0.34			
Fructose		0.00	0.000	12	A	1		0.00			
Lactose	g	0.00	0.000	12	A	1		0.00			
Maltose		0.03	0.011	12	A	1		0.05			
Galactose	g	0.00	0.000	12	A	1		0.00			
Starch		17.99	0.369	12	A	1		36.16			
Minerals:											
Calcium, Ca	mg	18	0.852	24	A	1		36			
Iron, Fe	mg	0.74	0.022	24	A	1		1.50			
Magnesium, Mg	mg	29	0.365	24	A	1		59			
Phosphorus, P		297	6.217	24	A	1		597			
Potassium, K		324	4.674	24	A	1		651			
Sodium, Na		800	19.565		A	1		1608			
Zinc, Zn		0.68	0.011		A	1		1.37			
Copper, Cu		0.067	0.001		A	1		0.134			
Manganese, Mn		0.245 19.7	0.006 1.571		A A	1 1		0.492 39.7			
Selenium, Se	µу	19.7	1.371	12	A	_		39.7			
Vitamins:	ma										
Vitamin C, total ascorbic acid	_	0.097	0.004	10	A	1		0.196			
ThiaminRiboflavin		0.097	0.004		A A	1		0.196			
Niacin		7.760	0.209		A	1		15.598			
Pantothenic acid		1.511	0.067		A	1		3.037			
Vitamin B-6	_	0.479	0.012		A	1		0.962			
Folate, total	-	11	2.248		A	1		22			
Folic acid				-							
Folate, food		11	2.248	6	A	1		22			
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12		0.13	0.008		A	1		0.25			
Vitamin A, RAE		7	_	0	AS	1		14			
Retinol		6	2.642		A	1		11			
Carotene, beta		11	6.829		A	1		23			
Carotene, alpha		0	0.176		A	1		0			
Cryptoxanthin, beta		7 44	4.502	4 0	A	1 1		14 88			
Vitamin A, IU		1	1.355		AS A	1		88 3			
Lycopene		68	1.355		A A	1		3 137			
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		1.39	0.034		A	1		2.80			
Tocopherol, beta		0.18	0.016		A	1		0.36			
Tocopherol, gamma	-	7.67	0.363		A	1		15.42			
Tocopherol, delta		3.12	0.154		A	1		6.27			
Tocotrienol, alpha		0.01	0.006		A	1		0.02			
Tocotrienol, beta		0.13	0.033		A	1		0.26			
Tocotrienol, gamma		0.07	0.012		A	1		0.14			

	<u>Am our</u>	nt in 100 grams		ble portion	Amount in edible portion of common measures of food		
		Number				easures of too	<u>oa</u>
Nutrients and Units	Mean Std	of Data Error Points.		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg	0.00	0.000 12	A	1	0.00		
Vitamin D (D2 + D3)µg							
Vitamin D2 (ergocalciferol)µg							
Vitamin D3 (cholecalciferol)µg							
Vitamin DlU							
Vitamin K (phylloquinone)µg							
Dihydrophylloquinoneµg							
Menaquinone-4µg							
Lipids:							
Fatty acids, total saturatedg	2.946	0	NC	4	5.921		
4:0g	0.000	0.000 11	A	1	0.001		
6:0g	0.000	0.000 11	A	1	0.000		
8:0g	0.007	0.001 11	A	1	0.014		
10:0g	0.006	0.000 11	A	1	0.012		
12:0g	0.006	0.001 11	A	1	0.013		
13:0g				_			
14:0g	0.022	0.002 11	A	1	0.044		
15:0g	0.005	0.000 11	A	1	0.009		
16:0g	1.800	0.073 11	A	1	3.618		
17:0g	0.017	0.001 11	A	1	0.034		
18:0g	0.960	0.055 11	A	1	1.930		
20:0g	0.051 0.052	0.002 11	A	1	0.103		
22:0g	0.052	0.002 11 0.001 11	A	1	0.105		
24:0	3.865	0.001 11	A NC	4	0.039 7.768		
Fatty acids, total monounsaturatedg 14:1g	0.001	0.000 11	A	1	0.002		
14:1	0.000	0.000 11	A	1	0.002		
15:1	0.000	0.000 11	AS	1	0.000		
16:1 cg	0.048	0.002 11	A	1	0.097		
16:1 t	0.000	0.000 11	A	1	0.000		
17:1g	0.009	0.001 11	A	1	0.018		
18:1 undifferentiated	3.507	0.156 11	AS	1	7.049		
18:1 cg	3.467	0.154 11	A	1	6.969		
18:1 tg	0.039	0.004 11	A	1	0.079		
18:1-11 t (18:1t n-7)9							
20:1g	0.299	0.087 11	A	1	0.601		
22:1 undifferentiatedg	0.000	0.000 11	AS	1	0.001		
22:1 cg	0.000	0.000 11	A	1	0.001		
22:1 tg	0.000	0.000 11	A	1	0.000		
24:1 cg	0.000	0.000 11	A	1	0.000		
Fatty acids, total polyunsaturated	7.935	0	NC	4	15.950		
18:2 undifferentiatedg	7.152	0.317 11	AS	1	14.376		
18:2 n-6 c,cg	7.038	0.311 11	A	1	14.147		
18:2 CLAsg	0.021	0.001 11	A	1	0.042		
18:2 t,tg							
18:2 ig							
18:2 t not further definedg	0.093	0.008 11	A	1	0.188		
18:3 undifferentiatedg	0.704	0.128 11	AS	1	1.414		
18:3 n-3 c,c,c (ALA)g	0.635	0.124 11	A	1	1.276		
18:3 n-6 c,c,cg	0.069	0.005 11	A	1	0.138		
18:3ig	0.000	0.000 11	A	1	0.000		
18:4g	0.000	0.000 11	A	1	0.000		
20:2 n-6 c,cg	0.010	0.000 11	A	1	0.021		
20:3 undifferentiatedg	0.011	0.001 11	AS	1	0.021		
20:3 n-3g	0.001	0.000 11	A	1	0.001		
20:3 n-6g	0.010	0.001 11	A	1	0.020		
20:4 undifferentiated	0.041	0.002 11	A	1	0.082		
20:4 n-6	0 000	0 000 11		1	0 001		
20:5 n-3 (EPA)g	0.000	0.000 11	A	1	0.001		
21:5g 22:4g	0.012	0 001 11	7.	1	0.023		
22:5 n-3 (DPA)g	0.012	0.001 11 0.001 11	A A	1			
44.5 II-3 (DFA)	0.003	0.001 11	A	±	0.006		

	<u>Am our</u>	nt in 100 grams Numbe		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
22.6 - 2.(DHA)	0.003	0.001 11	A	1		0.005		
22:6 n-3 (DHA)	0.133	0.001 11	NC.	4		0.005		
Fatty acids, total trans	0.133	0	NC NC	4		0.267		
Fatty acids, total trans-monoenoicg Fatty acids, total trans-polyenoicg	0.093	0	NC NC	4		0.080		
Cholesterolmg	46	1.477 12	A	1		92		
Phytosterolsmg	10	1.4// 12	Α.	_		92		
•								
Amino Acids:	0.209	0		1		0.420		
Tryptophang	0.209	0	A A	1 1		1.197		
Threonine	0.876	0	A	1		1.761		
Isoleucine	1.537	0	A	1		3.090		
Leucineg	1.903	0	A A	1		3.090		
Lysineg	0.507	0	A	1		1.018		
Methionineg Cystineg	0.247	0	A	1		0.496		
Phenylalanineg	0.745	0	A	1		1.498		
Tyrosine	0.743	0	A	1		1.498		
Valine	0.947	0	A	1		1.903		
Arginine	1.236	0	A	1		2.485		
Histidine	0.706	0	A	1		1.419		
Alanine	0.996	0	A	1		2.003		
Aspartic acid	1.473	0	A	1		2.960		
Aspartic acid	3.228	0	A	1		6.488		
Glycineg	0.828	0	A	1		1.664		
-	1.178	0	A A	1		2.367		
Proline	0.674	0	A A	1		1.355		
Serineg		•		1				
Hydroxyprolineg	0.012	0.008 4	A	1		0.024		

Common Measures:

Measure 1 = 201g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

Refuse:0%

		Amour	nt in 100 gr	rams	of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Nur	nbei	r			m	easures of fo	od	
			of	Data	Deriv	Source (Confidence				
Vater	its	Mean Sto	I. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
_											
Proximates: Water	а	71.31	1.447	6	A	1		96.98	129.78		
	-	157		0	NC	4		213	285		
0.5		656		0	NC	4		892	1194		
0,		12.56	0.765	6	A	1		17.09	22.87		
		9.79	0.925	6	A	1		13.32	17.83		
		1.76	0.057	6	A	1		2.40	3.21		
		4.57		0	NC	4		6.22	8.32		
		1.4	0.101	3	A	1		1.9	2.5		
		2.27	0.112	3	A	1		3.09	4.13		
		0.22	0.032	3	A	1		0.29	0.39		
		1.07	0.049	3	A	1		1.46	1.95		
		0.98	0.045	3	A	1		1.33	1.78		
		0.00	0.000	3	A	1		0.00	0.00		
		0.00	0.000	3	A	1		0.00	0.00		
Waltose	9	0.00	0.000	3	A	1		0.00	0.00		
		0.00	0.000	3	A	1		0.59	0.79		
	9	0.43	0.033	3	•	_		0.39	0.79		
Minerals:				_	_	_					
,	• • • • • • • • • • • • • • • • • • • •	34	4.240	6	A	1		46	62		
	-	1.46	0.132	6	A	1		1.99	2.66		
		18	0.690	6	A	1		25	33		
•		104	6.203	6	A	1 1		142	190 582		
*	-	320 381	6.808 16.182	6 6	A A	1		435 519	582 694		
	-	2.23	0.302		A	1		3.03	4.06		
		0.086	0.302	6	A	1		0.116	0.156		
		0.084	0.004	6	A	1		0.115	0.153		
		13.1	0.001	1	A	1		17.8	23.8		
	ma	1.1	0.250	3	A	1		1.6	2.1		
	_	0.037	0.003	3	A	1		0.050	0.067		
		0.207	0.013	3	A	1		0.281	0.376		
	_	3.557	0.325	3	A	1		4.837	6.473		
		0.405		2	A	1		0.551	0.737		
		0.321	0.031		A	1		0.437	0.585		
	_	22		0	FLA	4		30	40		
*		0		0	FLA	4		0	0		
		22		0	FLA	4		30	40		
		22		0	NC	4		30	40		
		32.3		0	FLA	4		44.0	58.8		
Vitamin B-12	µg	1.26	0.155	3	A	1		1.71	2.29		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00		
		149		1	AS	1		203	271		
Retinol	µg	93		1	A	1		126	169		
Carotene, beta	µg	577		1	A	1		784	1050		
Carotene, alpha	µg	0		1	A	1		0	0		
Cryptoxanthin, beta	µg	200		1	A	1		271	363		
Vitamin A, IU	JU	1436		1	AS	1		1953	2614		
Lycopene	µg	4639		1	A	1		6309	8443		
Lutein + zeaxanthin	µg	367		1	A	1		499	667		
Vitamin E (alpha-tocopherol)	mg	1.15	0.179	3	A	1		1.56	2.09		
Vitamin E, added	<u>mg</u>	0.00		0	FLA	4		0.00	0.00		
Tocopherol, beta	mg	0.07	0.053	3	A	1		0.10	0.13		
Tocopherol, gamma	mg	0.08	0.076	3	A	1		0.10	0.14		
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00		
Tocotrienol, alpha		0.02	0.024	3	A	1		0.03	0.04		

		<u>Am</u>	ount in				ole porti	<u>on</u>	Amount in edible portion of common measures of food		
					nber		_		<u>m</u> .	easures of foc	<u>oa</u>
Nutrients and Units	Mea	an	Std. Err				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, betamg		0.10		0.095	3	A	1		0.13	0.17	
Tocotrienol, gammamg		0.00		0.000	3	A	1		0.00	0.00	
Tocotrienol, deltamg		0.00		0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)µg		0.0			0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol)µg											
Vitamin D3 (cholecalciferol)µg Vitamin DlU		0			0	FLA	4		1	1	
Vitamin D		3.1			0	FLA	4		4.2	5.6	
Dihydrophylloquinone		J. I			·		•			3.0	
Menaquinone-4											
<u>Lipids:</u>		4 00			•	17.0			- 4		
Fatty acids, total saturatedg		4.02		0 000	0	NC A	4 1		5.471 0.000	7.322 0.000	
4:0g 6:0		0.00		0.000	3 3	A	1		0.000	0.000	
8:0g		0.00		0.000	3	A	1		0.000	0.000	
10:0g		0.01		0.002	3	A	1		0.014	0.019	
12:0g		0.01		0.001	3	A	1		0.015	0.020	
13:0g											
14:0g		0.29	8	0.057	3	A	1		0.406	0.543	
15:0g		0.04	7	0.010	3	A	1		0.064	0.085	
16:0g		2.25	9	0.349	3	A	1		3.072	4.111	
17:0g		0.10	8	0.024	3	A	1		0.148	0.197	
18:0g		1.26		0.188	3	A	1		1.725	2.309	
20:0g		0.01		0.001	3	A	1		0.015	0.020	
22:0g		0.00		0.001	3	A	1		0.008	0.010	
24:0g		0.00		0.000	3	A	1		0.005	0.006	
Fatty acids, total monounsaturatedg		4.66		0 015	0	NC A	4 1		6.340 0.129	8.485	
14:19 15:1g		0.09		0.015	3 3	A	1		0.129	0.173 0.000	
16:1 undifferentiatedg		0.37		0.060	3	AS	1		0.504	0.674	
16:1 cg		0.33		0.055	3	A	1		0.455	0.609	
16:1 tg		0.03		0.006	3	A	1		0.049	0.065	
17:1g		0.08	1	0.018	3	A	1		0.110	0.147	
18:1 undifferentiatedg		4.08	3	0.676	3	AS	1		5.552	7.430	
18:1 cg		3.62	6	0.529	3	A	1		4.931	6.599	
18:1 tg		0.45	7	0.161	3	A	1		0.621	0.831	
18:1-11 t (18:1t n-7)g											
20:1g		0.03		0.004		A	1		0.045	0.061	
22:1 undifferentiatedg		0.00		0.000		AS	1		0.000	0.000	
22:1 cg		0.00		0.000	3	A	1		0.000	0.000	
22:1 tg 24:1 cg		0.00		0.000	3 3	A A	1 1		0.000	0.000	
Fatty acids, total polyunsaturated9		0.62		0.000	0	NC	4		0.000 0.849	0.000 1.137	
18:2 undifferentiatedg		0.52		0.053	3	AS	1		0.715	0.957	
18:2 n-6 c,cg		0.39		0.036	3	A	1		0.541	0.723	
18:2 CLAs		0.06		0.013		A	1		0.087	0.116	
18:2 t,tg											
18:2 ig											
18:2 t not further definedg		0.06	5	0.007	3	A	1		0.088	0.118	
18:3 undifferentiated		0.03	7	0.006	3	AS	1		0.050	0.067	
18:3 n-3 c,c,c (ALA)g		0.03		0.005	3	A	1		0.047	0.063	
18:3 n-6 c,c,cg		0.00		0.001	3	A	1		0.001	0.002	
18:3ig		0.00		0.001	3	A	1		0.002	0.002	
18:4g		0.00		0.001	3	A	1		0.001	0.001	
20:2 n-6 c,cg		0.00		0.001	3	A	1		0.006	0.008	
20:3 undifferentiatedg		0.01		0.002	3	AS	1		0.021	0.028	
20:3 n-3g		0.00		0.000	3	A	1		0.000	0.000	
20:3 n-6		0.01		0.002	3 3	A A	1 1		0.021	0.028	
20:4 undifferentiatedg 20:4 n-6g		0.02	o	0.003	3	А	1		0.037	0.050	
20:4 n-6g 20:5 n-3 (EPA)g		0.00	2	0.000	3	A	1		0.003	0.004	
20.5 ii-5 (EFA)g		2.00	_		-		-		0.003	0.001	
g											

		Amour	nt in 100 gr			ble portio	on_	Amount in edible portion of common measures of food		
				nbei					easures of foc	<u>oa</u>
Nutrients and	Units	Mean Std	of . Error Po				Confidence Code	Measure 1	Measure 2	Measure 3
22:4	g	0.005	0.003	3	A	1		0.007	0.009	
22:5 n-3 (DPA)	g	0.007	0.002	3	A	1		0.010	0.013	
22:6 n-3 (DHA)	g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans	g	0.558		0	NC	4		0.759	1.016	
Fatty acids, total trans-mono	enoicg	0.493		0	NC	4		0.670	0.897	
Fatty acids, total trans-polyer	noicg	0.066		0	NC	4		0.089	0.120	
Cholesterol		45	4.176	3	A	1		61	82	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.144		0	A	1		0.196	0.262	
Threonine	g	0.402		0	A	1		0.546	0.731	
Isoleucine	g	0.556		0	A	1		0.756	1.012	
Leucine	g	0.927		0	A	1		1.260	1.687	
Lysine	g	0.844		0	A	1		1.148	1.537	
Methionine	g	0.278		0	A	1		0.378	0.506	
Cystine	g	0.123		0	A	1		0.168	0.225	
Phenylalanine		0.474		0	A	1		0.644	0.862	
Tyrosine	g	0.340		0	A	1		0.462	0.619	
Valine	g	0.639		0	A	1		0.868	1.162	
Arginine	g	0.772		0	A	1		1.050	1.406	
Histidine	g	0.371		0	A	1		0.504	0.675	
Alanine	g	0.793		0	A	1		1.078	1.443	
Aspartic acid	g	1.195		0	A	1		1.625	2.174	
Glutamic acid		2.070		0	A	1		2.815	3.767	
Glycine	g	0.834		0	A	1		1.135	1.518	
Proline	g	0.855		0	A	1		1.162	1.556	
Serine	g	0.371		0	A	1		0.504	0.675	
Hydroxyproline	g	0.240		1	A	1		0.326	0.437	
Others:										
Alcohol, ethyl	g	0.0		0	FLA	4		0.0	0.0	
Caffeine	_	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 136g: 1 cup Measure 2 = 182g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am our</u>	nt in 100 gr			ble portio	<u>n</u>	Amount in edible portion of common measures of food		
				nbei				<u>m</u>	easures of to	<u>ou</u>
							Confidence			
Nutrients and Un	its	Mean Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.03	0.666	18	A	1		79.95		
Energy	kcal	159		0	NC	4		172		
Energy	kJ	665		0	NC	4		718		
Protein		0.88	0.049	18	A	1		0.95		
Total lipid (fat)	g	11.78	0.374	18	A	1		12.72		
Ash	g	0.95	0.071	18	A	1		1.03		
Carbohydrate, by difference	g	12.35		0	NC	4		13.34		
Fiber, total dietary	g	1.9	0.152	9	A	1		2.1		
Sugars, total	g	9.54	0.646	8	A	1		10.31		
Sucrose	g	2.91	0.594	8	A	1		3.15		
Glucose (dextrose)	g	3.51	0.366	9	A	1		3.79		
Fructose		2.94	0.285	9	A	1		3.18		
Lactose	g	0.00	0.000	9	A	1		0.00		
Maltose	g	0.00	0.000	9	A	1		0.00		
Galactose		0.00	0.000	9	A	1		0.00		
Starch	g	0.07	0.047	6	A	1		0.08		
Minerals:										
Calcium, Ca	mg	34	0.663	18	A	1		37		
Iron, Fe	mg	0.30	0.010	18	A	1		0.32		
Magnesium, Mg	mg	10	0.265	18	A	1		11		
Phosphorus, P	mg	25	0.725	18	A	1		27		
Potassium, K	_	153	3.669		A	1		165		
Sodium, Na	_	221	28.581		A	1		239		
Zinc, Zn	_	0.18	0.006		A	1		0.20		
Copper, Cu		0.018 0.148	0.001 0.011	18	A	1 1		0.019 0.159		
Manganese, Mn Selenium, Se		1.9	0.011	3	A A	1		2.0		
	µ9	1.5	0.220	3	A	-		2.0		
<u>Vitamins:</u>		12.5	1 044	•	_			14.0		
Vitamin C, total ascorbic acid	_	13.7 0.029	1.244	9 9	A A	1 1		14.8 0.031		
ThiaminRiboflavin	_	0.029	0.001	9	A	1		0.031		
Niacin	_	0.281	0.013	9	A	1		0.304		
Pantothenic acid		0.258	0.013	6	A	1		0.279		
Vitamin B-6		0.119	0.002	9	A	1		0.128		
Folate, total	_	25		0	FLA	4		27		
Folic acid		0		0	FLA	4		0		
Folate, food		25		0	FLA	4		27		
Folate, DFE	µg	25		0	NC	4		27		
Choline, total	mg	8.2		0	FLA	4		8.9		
Betaine	mg	0.3		0	FLA	4		0.3		
Vitamin B-12	µg	0.00		0	FLA	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE		54		0	AS	1		58		
Retinol		5	1.017	3	A	1		5		
Carotene, beta		456	21.757	3	A	1		492		
Carotene, alpha		262	11.057	3	A	1		283		
Cryptoxanthin, beta		2	0.357	3	A	1		2		
Vitamin A, IU		996	0 352	0	AS 3	1		1075		
Lycopene		4	2.373	3	A	1		4		
Lutein + zeaxanthin		67	2.690	3	A	1		72		
Vitamin E (alpha-tocopherol)		0.80	0.034	9	A ETA	1 4		0.86		
Vitamin E, added		0.00 0.10	0.011	0 9	FLA A	1		0.00 0.11		
Tocopherol, beta		6.91	0.555	9	A A	1		7.46		
Tocopherol, gamma Tocopherol, delta		2.38	0.333	9	A	1		2.57		
Tocopnerol, delta Tocotrienol, alpha		0.00	0.000		A	1		0.00		

							ble porti	ion	Amount in edible portion of common			
				Num	ber				<u>m</u>	easures of foo	<u>od</u>	
								Confidence				
Nutrients and Units	•	Mean	Std. Erro	or Poir	nts	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, beta	mg	0.0	0 0	.000	9	A	1		0.00			
Tocotrienol, gamma		0.0	2 0	.009	9	A	1		0.02			
Tocotrienol, delta	mg	0.0	0 0	.000	9	A	1		0.00			
Vitamin D (D2 + D3)	µg	0.0			0	FLA	4		0.0			
Vitamin D2 (ergocalciferol)												
Vitamin D3 (cholecalciferol)									_			
Vitamin D		0			0	FLA	4		0			
Vitamin K (phylloquinone)		79.0 0.0			8	A A	1 1		85.3 0.0			
Dihydrophylloquinone Menaquinone-4		0.0			8	A	1		0.0			
Menaquinone-4	pg	0.0		.000	0		_		0.0			
Lipids:												
Fatty acids, total saturated		1.9			0	NC	4		2.061			
4:0		0.0			8	A	1		0.000			
6:0	-	0.0			8	A	1		0.000			
8:0	-	0.0			8	A A	1 1		0.000			
10:0 12:0		0.00			8	A	1		0.004			
13:0	_	0.00	02 0	.000	0	A	1		0.003			
14:0	-	0.0	12 0	.001	8	A	1		0.013			
15:0	-	0.0			8	A	1		0.003			
16:0	-	1.2			8	A	1		1.363			
17:0	-	0.0			8	A	1		0.013			
18:0	-	0.5	17 0	.028	8	A	1		0.559			
20:0	g	0.0	40 0	.002	8	A	1		0.043			
22:0	g	0.0	40 0	.002	8	A	1		0.044			
24:0	g	0.0	15 0	.001	8	A	1		0.016			
Fatty acids, total monounsaturated	-	2.5			0	NC	4		2.788			
14:1	_	0.0			8	A	1		0.000			
15:1		0.0			8	A	1		0.000			
16:1 undifferentiated		0.0			8	AS	1		0.019			
16:1 c	-	0.0			8	A A	1 1		0.019 0.000			
16:1 t 17:1		0.00			8	A	1		0.000			
18:1 undifferentiated	-	2.5			8	AS	1		2.701			
18:1 c	•	2.4			8	A	1		2.692			
18:1 t		0.0			8	A	1		0.008			
18:1-11 t (18:1t n-7)	-											
20:1	-	0.0	50 0	.006	8	A	1		0.054			
22:1 undifferentiated	g	0.0	07 0	.002	8	AS	1		0.008			
22:1 c	g	0.0	07 0	.002	8	A	1		0.007			
22:1 t	g	0.0	00 0	.000	8	A	1		0.000			
24:1 c		0.0			8	A	1		0.000			
Fatty acids, total polyunsaturated		6.9			0	NC	4		7.466			
18:2 undifferentiated		6.0			8	AS	1		6.499			
18:2 n-6 c,c		5.9			8	A -	1		6.433			
18:2 CLAs	-	0.0	11 0	.001	8	A	1		0.012			
18:2 t,t 18:2 i	-											
18:2 t not further defined		0.0	50 0	.008	8	A	1		0.054			
18:3 undifferentiated	•	0.8			8	AS	1		0.947			
18:3 n-3 c,c,c (ALA)		0.8			8	A	1		0.904			
18:3 n-6 c,c,c		0.0			8	A	1		0.042			
18:3i		0.0			8	A	1		0.000			
18:4	-	0.0			8	A	1		0.000			
20:2 n-6 c,c	-	0.0	07 0	.000	8	A	1		0.007			
20:3 undifferentiated		0.0	01 0	.000	8	AS	1		0.001			
20:3 n-3		0.0	00 0	.000	8	A	1		0.000			
20:3 n-6	g	0.0			8	A	1		0.000			
20:4 undifferentiated	-	0.0	11 0	.001	8	A	1		0.012			
20:4 n-6	-											
20:5 n-3 (EPA)	-	0.0	00 0	.000	8	A	1		0.000			
21:5	g											

	<u>Am ount</u>	in 100 gr		Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.					Confidence Code	Measure 1	Measure 2	Measure 3
22:4g	0.000	0.000	8	A	1		0.000		
22:5 n-3 (DPA)g	0.000	0.000	8	A	1		0.000		
22:6 n-3 (DHA)g	0.001	0.001	8	A	1		0.001		
Fatty acids, total transg	0.058		0	NC	4		0.063		
Fatty acids, total trans-monoenoicg	0.008		0	NC	4		0.009		
Fatty acids, total trans-polyenoicg	0.050		0	NC	4		0.054		
Cholesterolmg	8	2.551	5	A	1		9		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		

Common Measures:

Measure 1 = 108g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	ınt in 100 gı	rams	of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nur	mbei				measures of food			
						Source	Confidence				
Nutrients and Un	its	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:	_	56.84	0.350	10	_			100.00			
Water	-	56.74	0.358		A	1		128.23			
Energy		219		0	NC	4		494			
Energy		915		0	NC	4		2068			
Protein		13.49	0.207		A	1		30.48			
Total lipid (fat)		10.79	0.212		A	1		24.38			
Ash	_	2.09	0.042		A	1		4.73			
Carbohydrate, by difference		16.89		0	NC	4		38.17			
Fiber, total dietary		0.9	0.161		A	1		2.1			
Sugars, total	g	0.45	0.014		A	1		1.03			
Sucrose	g	0.10	0.000		A	1		0.23			
Glucose (dextrose)		0.25	0.014		A	1		0.58			
Fructose	g	0.00	0.000	6	A	1		0.00			
Lactose	g	0.00	0.000	6	A	1		0.00			
Maltose	g	0.10	0.000	6	A	1		0.23			
Galactose	g	0.00	0.000	6	A	1		0.00			
Starch		16.02	0.113	6	A	1		36.20			
Minerals:											
Calcium, Ca	ma	14	0.439	12	A	1		31			
Iron, Fe	-	0.38	0.010		A	1		0.86			
Magnesium, Mg		23	0.349		A	1		52			
Phosphorus, P		207	2.078		A	1		469			
Potassium, K		251	4.732	12	A	1		567			
Sodium, Na	-	561	15.686	12	A	1		1268			
Zinc, Zn	-	0.39	0.007	12	A	1		0.88			
Copper, Cu	mg	0.044	0.001	12	A	1		0.100			
Manganese, Mn	mg	0.129	0.003	12	A	1		0.292			
Selenium, Se	µg	17.5	0.267	6	A	1		39.6			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	BFPN	4		0.0			
Thiamin	mg	0.060	0.002	6	A	1		0.136			
Riboflavin	mg	0.096	0.001	6	A	1		0.218			
Niacin	mg	2.475	0.094	6	A	1		5.593			
Pantothenic acid	mg	0.358	0.017	4	A	1		0.808			
Vitamin B-6	mg	0.231	0.024	6	A	1		0.521			
Folate, total	µg	17	0.400	3	A	1		39			
Folic acid	µg	0		0	BFPN	4		0			
Folate, food	µg	17	0.400	3	A	1		39			
Folate, DFE	µg	17		0	NC	4		39			
Choline, total	mg	53.7		0	BFPN	4		121.4			
Betaine	mg										
Vitamin B-12	µg	1.17	0.076	6	A	1		2.66			
Vitamin B-12, added	µg	0.00		0	BFPN	4		0.00			
Vitamin A, RAE	µg	3		2	AS	1		6			
Retinol	µg	2		2	A	1		5			
Carotene, beta	µg	3		2	A	1		7			
Carotene, alpha	µg	0		2	A	1		1			
Cryptoxanthin, beta	µg	4		2	A	1		10			
Vitamin A, IU	<u>I</u> U	16		2	AS	1		37			
Lycopene	µg	1		2	A	1		2			
Lutein + zeaxanthin	µg	74		2	A	1		167			
Vitamin E (alpha-tocopherol)	mg	0.94	0.013	6	A	1		2.13			
Vitamin E, added		0.00		0	BFPN	4		0.00			
Tocopherol, beta		0.09	0.010	6	A	1		0.20			
Tocopherol, gamma	mg	4.44	0.553	6	A	1		10.04			
Tocopherol, delta	mg	1.68	0.280	6	A	1		3.80			
Tocotrienol, alpha		0.02	0.010	6	A	1		0.05			

	Amount in 100 grams of edible portion Number						edible portion easures of fo	
		of Data	Deriv		Confidence	<u></u>	easures or ro	<u>5u</u>
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, betamg	0.06	0.012 6	A	1		0.14		
Tocotrienol, gammamg	0.08	0.022 6	A	1		0.18		
Tocotrienol, deltamg	0.00 0.4	0.000 6 0	A BFPN	1 4		0.00		
Vitamin D (D2 + D3)	0.4	U	BFPN	4		0.9		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg								
Vitamin D	15	0	BFPN	4		34		
Vitamin K (phylloquinone)µg	0.1	0	BFPN	4		0.2		
Dihydrophylloquinoneµg								
Menaquinone-4Ug								
Linida								
Lipids:	1.876	0	NC	4		4.239		
Fatty acids, total saturatedg 4:0g	0.000	0.000 6	A.	1		0.000		
6:0g	0.000	0.000 6	A	1		0.000		
8:0g	0.006	0.001 6	A	1		0.013		
10:0g	0.006	0.000 6	A	1		0.014		
12:0g	0.005	0.001 6	A	1		0.010		
13:0g								
14:0g	0.018	0.001 6	A	1		0.041		
15:0g	0.004	0.000 6	A	1		0.009		
16:0g	1.175	0.018 6	A	1		2.655		
17:0g	0.011	0.000 6	A	1		0.025		
18:0g	0.573	0.018 6	A	1		1.295		
20:0g	0.033	0.001 6	A	1		0.075		
22:0g	0.033 0.013	0.002 6 0.001 6	A A	1 1		0.074		
24:0g Fatty acids, total monounsaturatedg	2.311	0.001 6	NC	4		0.029 5.223		
14:1g	0.000	0.000 6	A	1		0.001		
15:1g	0.000	0.000 6	A	1		0.000		
16:1 undifferentiated	0.024	0.005 6	AS	1		0.054		
16:1 cg	0.023	0.004 6	A	1		0.051		
16:1 tg	0.001	0.001 6	A	1		0.002		
17:1g	0.007	0.000 6	A	1		0.015		
18:1 undifferentiatedg	2.229	0.042 6	AS	1		5.038		
18:1 cg	2.201	0.041 6	A	1		4.974		
18:1 tg	0.028	0.004 6	A	1		0.064		
18:1-11 t (18:1t n-7)g								
20:1g	0.050	0.002 6	A	1		0.113		
22:1 undifferentiatedg	0.001	0.001 6	AS	1		0.002		
22:1 cg	0.001 0.000	0.001 6 0.000 6	A A	1 1		0.002 0.000		
22:1 tg 24:1 cg	0.000	0.000 6	A	1		0.000		
Fatty acids, total polyunsaturatedg	5.334	0.000	NC	4		12.056		
18:2 undifferentiatedg	4.541	0.121 6	AS	1		10.264		
18:2 n-6 c,cg	4.463	0.120 6	A	1		10.086		
18:2 CLAsg	0.014	0.001 6	A	1		0.031		
18:2 t,tg								
18:2 ig								
18:2 t not further definedg	0.065	0.004 6	A	1		0.146		
18:3 undifferentiatedg	0.603	0.025 6	AS	1		1.364		
18:3 n-3 c,c,c (ALA)g	0.557	0.023 6	A	1		1.258		
18:3 n-6 c,c,cg	0.046	0.003 6	A	1		0.104		
18:3ig	0.001	0.001 6	A	1		0.001		
18:4g	0.004	0.001 6	A	1		0.009		
20:2 n-6 c,c	0.006	0.002 6	A	1		0.013		
20:3 undifferentiatedg	0.000	0.000 6 0.000 6	AS A	1 1		0.000		
20:3 n-3g 20:3 n-6g	0.000 0.000	0.000 6 0.000 6	A A	1		0.000		
20:3 n-6g 20:4 undifferentiatedg	0.000	0.000 6	A A	1		0.029		
20:4 undifferentiatedg	0.013	0.001 6		_		0.029		
20:4 n-og 20:5 n-3 (EPA)g	0.053	0.001 6	A	1		0.119		
21:5g	2.055			-		V.11J		

		Amount	in 100 gr	am s	of edik	Amount in edible portion of common				
			Nun	nbei	<u>m</u>	easures of foo	<u>od</u>			
			of l	Data	Deriv	Source (Confidence			
Nutrients and	Units	Mean Std.	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:4	g	0.001	0.001	6	A	1		0.002		
22:5 n-3 (DPA)		0.004	0.000	6	A	1		0.009		
22:6 n-3 (DHA)	g	0.108	0.004	6	A	1		0.245		
Fatty acids, total trans	g	0.095		0	NC	4		0.214		
Fatty acids, total trans-mono	enoicg	0.029		0	NC	4		0.067		
Fatty acids, total trans-polye	enoicg	0.065		0	NC	4		0.147		
Cholesterol	mg	36	0.565	6	A	1		81		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.149		0	A	1		0.337		
Threonine		0.458		0	A	1		1.035		
Isoleucine	g	0.642		0	A	1		1.451		
Leucine	•	1.124		0	A	1		2.540		
Lysine	g	1.213		0	A	1		2.741		
Methionine	g	0.403		0	A	1		0.912		
Cystine	g	0.179		0	A	1		0.404		
Phenylalanine	g	0.529		0	A	1		1.194		
Tyrosine	g	0.424		0	A	1		0.958		
Valine	-	0.724		0	A	1		1.637		
Arginine	-	0.841		0	A	1		1.902		
Histidine	g	0.327		0	A	1		0.738		
Alanine	g	0.783		0	A	1		1.769		
Aspartic acid	g	1.277		0	A	1		2.886		
Glutamic acid	g	2.206		0	A	1		4.985		
Glycine	g	0.648		0	A	1		1.465		
Proline	_	0.738		0	A	1		1.668		
Serine	_	0.514		0	A	1		1.161		
Hydroxyproline	g	0.004		2	A	1		0.008		
Others:										
Alcohol, ethyl	g	0.0		0	BFPN	4		0.0		
Caffeine	mg	0		0	BFPN	4		0		
Theobromine	mg	0		0	BFPN	4		0		

Common Measures:

Measure 1 = 226g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

	<u>Am our</u>	nt in 100 gr			Amount in edible portion of common					
				nber				<u>m</u>	easures of fo	<u>ou</u>
			of I	Data	Deriv	Source (Confidence			
Nutrients and	Units	Mean Std	. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	43.19	0.687	1.8	A	1		73.42		
Energy		289	0.007	0	NC	4		492		
Energy		1210		0	NC	4		2057		
Protein		3.49	0.089	18	A	1		5.93		
Total lipid (fat)		14.04	0.346	18	A	1		23.87		
• ' '		2.08		18	A	1		3.53		
Ash		37.20	0.116	0	NC	4		63.25		
Carbohydrate, by difference		37.20	0 151			1		6.6		
Fiber, total dietary			0.151	9	A					
Sugars, total		0.28	0.003	9	A	1		0.48		
Sucrose		0.06	0.000	9	A	1		0.10		
Glucose (dextrose)		0.14	0.003	9	A	1		0.23		
Fructose		0.09	0.000	9	A	1		0.15		
Lactose		0.00	0.000	9	A	1		0.00		
Maltose		0.00	0.000	9	A	1		0.00		
Galactose	g	0.00	0.000	9	A	1		0.00		
Starch	g	33.61	0.619	9	A	1		57.14		
Minerals:										
Calcium, Ca		17		18	A	1		29		
Iron, Fe		0.91	0.023	18	A	1		1.54		
Magnesium, Mg		29		18	A	1		49		
Phosphorus, P	-	124	3.447	18	A	1		211		
Potassium, K		545	14.832		A	1		926		
Sodium, Na		357	40.187		A	1		607		
Zinc, Zn		0.51	0.014		A	1		0.87		
Copper, Cu		0.112	0.004	18	A	1		0.190		
Manganese, Mn		0.235 0.4	0.005	18 18	A A	1 1		0.400 0.8		
Selenium, Se	µg	0.4		10	•	_		0.0		
Vitamins:	ma	1.1	0.231	9	А	1		1.9		
Vitamin C, total ascorbic acid	-	0.110	0.003	9	A	1		0.187		
Thiamin	-	0.110	0.003		A	1				
Riboflavin	-			9		1		0.096		
Niacin		2.564	0.150	9	A			4.359		
Pantothenic acid	•	0.545	0.010	6	A A	1 1		0.926		
Vitamin B-6		0.236	0.013	9		1		0.401		
Folate, total		15		1	A	1		26		
Folic acid		1.5		-		1		26		
Folate, food		15		1	A	1		26		
Folate, DFE										
Choline, total	-									
Betaine	-									
Vitamin B-12		0		^	3.0	1		0		
Vitamin A, RAE		0		0 2	AS A	1		0		
Retinol		U		2	A	1		U		
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta		0		0	AS	1		0		
Vitamin A, IU		U		U	AS	1		U		
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		1.00	0.052	9	A	1		1.71		
				9	A	1		0.19		
Tocopherol, beta		0.11	0.007			1				
Tocopherol, gamma		6.47	0.446	9	A			11.00		
Tocopherol, delta		2.48	0.183	9	A	1		4.22		
Tocotrienol, alpha		0.04	0.011	9	A	1		0.08		
Tocotrienol, beta		0.00	0.000	9	A	1		0.00		
Tocotrienol, gamma		0.08	0.019	9	A	1		0.14		
Tocotrienol, delta		0.01	0.008	9	A	1		0.02		
Vitamin D (D2 + D3)	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D.....IU 35.9 2.131 61.0 Vitamin K (phylloquinone)......µg 8 1 Dihydrophylloquinone.....µg 0.0 0.025 8 Α 1 0.0 0.0 0.000 8 Menaquinone-4.....µg Α 1 0.0 Lipids: Fatty acids, total saturated.....g 2.489 0 NC 4 4.231 0.000 0.000 9 1 4:0.....g Α 0.000 0.000 0.000 9 0.000 6:0.....g Α 1 8:0.....g 0.006 0.000 9 1 0.011 0.001 9 0.007 0.011 10:0.....g Α 1 0.007 0.001 9 А 1 0.011 13:0.....g 0.021 0.001 9 1 0.036 14:0.....g 0.004 0.000 9 1 0.007 Α 15:0.....g 1.524 0.034 9 А 1 2.590 0.015 0.001 9 0.025 17:0.....g Α 1 18:0.....g 0.801 0.044 9 Α 1 1.361 0.048 0.001 А 1 0.082 20:0.....g 0.041 0.001 9 Α 1 0.069 0.017 0.001 0.029 Α 1 Fatty acids, total monounsaturated......g 3.358 NC 4 5.709 0.000 0.000 A 1 0.000 14:1......g 0.000 0.000 9 Α 1 0.000 16:1 undifferentiated.......Q 0.019 0.001 9 AS 1 0.032 0.001 9 0.019 Α 1 0.032 16:1 c.....g 16:1 t.....g 0.000 0.000 Α 1 0.000 0.008 0.000 9 Α 1 0.013 3.259 0.084 AS 1 5.540 0.083 18:1 c.....g 3.225 9 Α 1 5.482 0.034 0.005 А 1 0.058 18:1-11 t (18:1t n-7)......g 0.004 9 0.069 А 0.118 20:1.....g 0.003 0.001 9 1 22:1 undifferentiated.....g AS 0.006 0.001 22:1 c.....g 0.002 Α 1 0.003 0.001 0.000 9 22:1 t.....g Α 1 0.002 0.000 0.000 0.000 6.608 0 NC 4 Fatty acids, total polyunsaturated......9 11.233 5.757 0.265 18:2 undifferentiated......g 9 AS 1 9.787 0.263 18:2 n-6 c,c....g 5.676 9 Α 1 9.649 0.013 0.001 9 18:2 CLAs.....g 1 0.022 18:2 t,t.....g 18:2 i.....g 0.068 0.006 9 0.116 18:2 t not further defined.......Q Α 1 18:3 undifferentiated......g 0.839 0.033 9 AS 1 1.426 0.792 0.032 9 1 18:3 n-3 c,c,c (ALA)......g А 1.347 0.046 0.008 9 1 0.079 18:3 n-6 c,c,c......g Α 0.000 0.000 9 18:3i......g 0.000 Α 1 18:4.....g 0.000 0.000 9 А 1 0.000 0.005 0.000 Α 1 0.009 20:3 undifferentiated.....g 0.000 0.000 9 AS 1 0.000 0.000 0.000 0.000 1 20:3 n-3.....g Α 20:3 n-6.....g 0.000 0.000 9 Α 1 0.000 0.006 0.000 20:4 undifferentiated......g Α 1 0.010 20:4 n-6.....g 0.000 0.000 9 Α 1 0.001 21:5.....g 0.001 0.001 0.001 А 1 0.000 0.000 22:5 n-3 (DPA).....g 9 Α 1 0.000

0.000

0.104

0.036

22:6 n-3 (DHA)......g

Fatty acids, total trans-monoenoic......g

Fatty acids, total trans......g

0.000

9

0

0

Α

NC

NC

1

4

4

0.000

0.177

0.061

	Amount in	100 gram s	of edi	Amount in edible portion of common				
		Number	•	measures of food				
		of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Esta eside estal esse eslavaria (C	0.068	0	NC	4		0.116		
Fatty acids, total trans-polyenoicg Cholesterolmg	1	3	A.	1		2		
Phytosterolsmg	1	3	A	_		2		
Stigmasterolmg	7	3	A	1		13		
	11	3	A	1		13 19		
Campesterolmg Beta-sitosterolmg	27	3	A	1		47		
Beta-sitosteroling	27	3	A	_		47		
Amino Acids:								
Tryptophang	0.049	0	A	1		0.083		
Threonineg	0.109	0	A	1		0.185		
Isoleucineg	0.120	0	A	1		0.203		
Leucineg	0.179	0	A	1		0.305		
Lysineg	0.141	0	A	1		0.241		
Methionineg	0.044	0	A	1		0.074		
Cystineg	0.033	0	A	1		0.055		
Phenylalanineg	0.152	0	A	1		0.259		
Tyrosineg	0.098	0	A	1		0.167		
Valineg	0.243	0	A	1		0.413		
Arginineg	0.191	0	A	1		0.324		
Histidineg	0.055	0	A	1		0.093		
Alanineg	0.109	0	A	1		0.185		
Aspartic acidg	0.757	0	A	1		1.287		
Glutamic acidg	0.529	0	A	1		0.899		
Glycineg	0.098	0	A	1		0.166		
Prolineg	0.109	0	A	1		0.185		
Serineg	0.125	0	A	1		0.212		
Hydroxyprolineg								
11, 010A, p10HHC9								

Common Measures:

Measure 1 = 170g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

			nt in 100 gr		Amount in edible portion of common measures of food					
				nbei				<u> </u>	easures or roc	<u> </u>
						Source Co	onfidence			
Nutrients and Ur	nits	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	38.44	0.404	18	A	1		94.17	11.92	
Energy	-	325	0.101	0	NC	4		795	101	
Energy		1358		0	NC	4		3327	421	
Protein		14.75	0.159	18	A	1		36.14	4.57	
Total lipid (fat)	_	18.33	0.219	18	A	1		44.92	5.68	
Ash		3.34	0.036	18	A	1		8.19	1.04	
		25.14	0.036	0		4		61.59		
Carbohydrate, by difference		25.14	0 107		NC A	1		4.8	7.79	
Fiber, total dietary			0.197	9					0.6	
Sugars, total		2.36	0.231	9	A	1		5.78	0.73	
Sucrose		0.04	0.037	9	A	1		0.09	0.01	
Glucose (dextrose)		0.64	0.048	9	A	1		1.58	0.20	
Fructose		0.07	0.000	9	A	1		0.16	0.02	
Lactose		0.74	0.171	9	A	1		1.80	0.23	
Maltose	g	0.58	0.031	9	A	1		1.41	0.18	
Galactose	g	0.30	0.023	9	A	1		0.74	0.09	
Starch	g	20.46	0.453	9	A	1		50.12	6.34	
Minerals:										
Calcium, Ca	-	334	5.102		A	1		817	103	
Iron, Fe	_	0.62	0.019	18	A	1		1.52	0.19	
Magnesium, Mg		21	0.330	18	A	1		52	7	
Phosphorus, P		318		18	A	1		779	99	
Potassium, K	_	108	2.268	18	A	1		265	33	
Sodium, Na	_	861		18	A	1		2110	267	
Zinc, Zn	_	2.07	0.032		A	1		5.08	0.64	
Copper, Cu		0.066	0.001		A	1		0.162	0.020	
Manganese, Mn Selenium, Se		0.294 18.9	0.005 1.049	18 9	A A	1 1		0.721 46.2	0.091 5.8	
	µу	10.9	1.049	,	A	-		40.2	3.0	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	FLA	4		0.0	0.0	
Thiamin	-	0.103	0.003	9	A	1		0.253	0.032	
Riboflavin	_	0.261	0.005	9	A	1		0.640	0.032	
Niacin	_	0.781	0.028	9	A	1		1.914	0.242	
Pantothenic acid		0.415	0.028	6	A	1		1.017	0.129	
Vitamin B-6	•	0.074	0.023	9	A	1		0.180	0.023	
Folate, total	• • • • • • • • • • • • • • • • • • • •	26	1.859	3	A	1		64	8	
Folic acid		14	1.035	0	FLA	4		35	4	
Folate, food		12		0	FLA	4		29	4	
Folate, DFE		36		0	NC	4		88	11	
Choline, total		9.9		0	FLA	4		24.2	3.1	
Betaine		3.3		U	FUA	-		24.2	3.1	
Vitamin B-12		0.96	0.031	9	A	1		2.35	0.30	
Vitamin B-12, added		0.00	0.031	0	FLA	4		0.00	0.00	
Vitamin A, RAE		99		0	AS	1		242	31	
Retinol		97	5.811	4	A	1		237	30	
		25	4.153	3	A	1		62	8	
Carotene, beta Carotene, alpha		0	0.090	3	A	1		0	0	
_		2	1.013	3	A	1		6	1	
Cryptoxanthin, beta Vitamin A, IU		366	1.013	0	A AS	1		898	114	
		0	0.000	3	AS	1		0	0	
LycopeneLutein + zeaxanthin		43	2.440	3	A	1		107	13	
		43 0.77	0.030	9	A	1		1.89	0.24	
Vitamin E (alpha-tocopherol)		0.77	0.030	0	A FLA	4		0.00		
Vitamin E, added		0.00	0.007	9	FLA A	1		0.00	0.00 0.03	
Tocopherol, beta						1				
Tocopherol, gamma		4.19	0.296	9	A			10.27	1.30	
Tocopherol, delta		1.63	0.113	9	A	1		4.00	0.51	
Tocotrienol, alpha		0.02	0.020	9	A	1		0.05	0.01	
Tocotrienol, beta	g	0.14	0.006	9	A	1		0.35	0.04	

	<u>Am</u>	ount in 10	0 gran	ns of edi	Amount in edible portion of common				
			Num b	measures of food					
					Source Co	onfidence	_		
Nutrients and Units	Mean	Std. Error	Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	3 0.	016 9	A	1		0.08	0.01	
Tocotrienol, delta	ng 0.0	0 0.	000 9		1		0.00	0.00	
Vitamin D (D2 + D3)			0	FLA	4		0.4	0.1	
Vitamin D2 (ergocalciferol)µ									
Vitamin D3 (cholecalciferol)µ Vitamin D	-		0	FLA	4		17	2	
Vitamin K (phylloquinone)			7		1		56.2	7.1	
Dihydrophylloquinone			7	A	1		0.0	0.0	
Menaquinone-4	g 2.3		7	A	1		5.7	0.7	
Lipids:									
Fatty acids, total saturated	6.8	48	0	NC	4		16.779	2.123	
4:0g	0.1	81 0.	006 9	A	1		0.444	0.056	
6:0g			004 9		1		0.358	0.045	
8:0g			002 9		1		0.239	0.030	
10:0g			004 9		1 1		0.572	0.072	
12:0		71 0.	006 9	A	T		0.664	0.084	
14:09		72 0.	019 9	A	1		2.135	0.270	
15:0			002 9		1		0.228	0.029	
16:0g		51 0.	081 9	A	1		8.209	1.039	
17:0g	0.0	64 0.	001 9	A	1		0.156	0.020	
18:0g	1.4	47 0.	025 9	A	1		3.545	0.449	
20:0g			001 9		1		0.103	0.013	
22:0g			001 9		1		0.083	0.010	
24:0			000 9 0		1 4		0.037 10.604	0.005 1.342	
Fatty acids, total monounsaturated9			003 9		1		0.215	0.027	
15:1			000 9		1		0.000	0.000	
16:1 undifferentiatedg		62 0.	006 9	AS	1		0.398	0.050	
16:1 cg	0.1	32 0.	006 9	A	1		0.324	0.041	
16:1 tg			001 9	A	1		0.074	0.009	
17:1g			001 9		1		0.056	0.007	
18:1 undifferentiatedg			087 9		1		9.748	1.233	
18:1 c			085 9 007 9		1 1		9.202 0.546	1.164 0.069	
18:1-11 t (18:1t n-7)		23 0.	007 3	Α	-		0.546	0.009	
20:19		76 0.	002 9	A	1		0.185	0.023	
22:1 undifferentiatedg		01 0.	000 9	AS	1		0.001	0.000	
22:1 cg	0.0	01 0.	000 9	A	1		0.001	0.000	
22:1 tg			000 9		1		0.000	0.000	
24:1 c			000 9		1		0.000	0.000	
Fatty acids, total polyunsaturated9 18:2 undifferentiated9			0 117 9		4 1		12.205 10.649	1.544	
18:2 n-6 c,c			117 9 118 9		1		10.258	1.347 1.298	
18:2 CLAs			002 9		1		0.136	0.017	
18:2 t,tg									
18:2 ig									
18:2 t not further definedg			006 9		1		0.255	0.032	
18:3 undifferentiatedg			021 9		1		1.410	0.178	
18:3 n-3 c,c,c (ALA)			022 9 002 9		1 1		1.318 0.088	0.167 0.011	
18:3ig			002 9		1		0.004	0.001	
18:4			000 9		1		0.005	0.001	
20:2 n-6 c,c9	0.0	07 0.	000 9	A	1		0.016	0.002	
20:3 undifferentiated9	0.0	13 0.	001 9	AS	1		0.031	0.004	
20:3 n-39			000 9		1		0.001	0.000	
20:3 n-6g			001 9		1		0.028	0.004	
20:4 undifferentiatedg		23 0.	001 9	A	1		0.056	0.007	
20:4 n-6		04 0	000 9	A	1		0.009	0.001	
20.5 li-5 (EFA)			,	••	-		0.009	0.001	
22:49		05 0.	000 9	A	1		0.012	0.002	
22:5 n-3 (DPA)9	0.0	06 0.	000 9	A	1		0.015	0.002	

	<u>Am ount</u>	in 100 gr	am s	of edi	Amount in edible portion of common				
		Nur	nber				<u>m</u>	easures of foo	<u>od</u>
		of	Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std.	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total transg	0.359		0	NC	4		0.879	0.111	
Fatty acids, total trans-monoenoicg	0.253		0	NC	4		0.620	0.078	
Fatty acids, total trans-polyenoicg	0.106		0	NC	4		0.259	0.033	
Cholesterolmg	36	1.533	9	A	1		88	11	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.183		0	A	1		0.449	0.057	
Threonineg	0.430		0	A	1		1.055	0.133	
Isoleucineg	0.792		0	A	1		1.941	0.246	
Leucineg	1.540		0	A	1		3.773	0.477	
Lysineg	1.175		0	A	1		2.879	0.364	
Methionineg	0.431		0	A	1		1.055	0.134	
Cystineg	0.179		0	A	1		0.439	0.056	
Phenylalanineg	0.851		0	A	1		2.085	0.264	
Tyrosineg	0.634		0	A	1		1.553	0.197	
Valineg	1.036		0	A	1		2.538	0.321	
Arginineg	0.637		0	A	1		1.561	0.198	
Histidine9	0.474		0	A	1		1.162	0.147	
Alanineg	0.492		0	A	1		1.204	0.152	
Aspartic acidg	1.068		0	A	1		2.617	0.331	
Glutamic acidg	3.923		0	A	1		9.611	1.216	
Glycineg	0.366		0	A	1		0.897	0.113	
Proline	2.188		0	A	1		5.360	0.678	
Serineg	0.690		0	A	1		1.690	0.214	
Hydroxyprolineg	0.000	0.000	3	A	1		0.000	0.000	
Others:									
Alcohol, ethyl	0.0		0	FLA	4		0.0	0.0	
	0		0	FLA	4		0.0	0.0	
Caffeinemg	0		0		4		0	0	
Theobrominemg	U		U	FLA	4		U	U	

Common Measures:

Measure 1 = 245g: 1 serving Measure 2 = 31g: 1 piece

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amou	nt in 100 gr	ams o	t edil	ole portion		Amount in edible portion of common		
			Nun	ber				<u>m</u>	easures of fo	od_
)eriv	Source Co	nfidence			
Nutrients and	Units	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure
Nati icitis ana	Office	mean or						measure r	Medsare 2	in cusure v
Proximates:										
Water	g	59.85	1.373	6	A	1		56.26	74.22	
Energy	kcal	197		0	NC	4		185	245	
Energy	kJ	825		0	NC	4		776	1023	
Protein	g	2.49	0.113	6	A	1		2.34	3.08	
Total lipid (fat)	g	8.99	0.903	6	A	1		8.45	11.15	
Ash	g	2.08	0.078	6	A	1		1.96	2.58	
Carbohydrate, by difference	g	26.59		0	NC	4		24.99	32.97	
Fiber, total dietary	g	2.7	0.376	3	A	1		2.5	3.3	
Sugars, total	g	1.38	0.047	3	A	1		1.30	1.72	
Sucrose	g	0.30	0.025	3	A	1		0.28	0.37	
Glucose (dextrose)		0.58	0.023	3	A	1		0.54	0.72	
Fructose	g	0.51	0.022	3	A	1		0.48	0.63	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g	23.23	1.877	3	A	1		21.84	28.81	
Minerals:										
Calcium, Ca	-	17	0.897	6	A	1		16	21	
Iron, Fe		0.56	0.024	6	A	1		0.53	0.70	
Magnesium, Mg		26	1.082	6	A	1		24	32	
Phosphorus, P		71 416	3.725	6 6	A A	1 1		67 391	88 515	
Potassium, K Sodium, Na		416	18.116 18.856	6	A	1		391 440	515	
Zinc, Zn		0.29	0.012	6	A	1		0.27	0.36	
Copper, Cu		0.066	0.004	6	A	1		0.062	0.082	
Manganese, Mn		0.168	0.007	6	A	1		0.158	0.208	
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin	mg	0.007	0.000	3	A	1		0.007	0.009	
Riboflavin	-	0.048	0.001	3	A	1		0.045	0.059	
Niacin	•	2.170	0.175	3	A	1		2.040	2.691	
Pantothenic acid		0.455		2	A	1		0.428	0.564	
Vitamin B-6	-	0.203	0.021	3	A	1		0.191	0.252	
Folate, total		23	2.585	3	A	1		21	28	
Folic acid		•		_	_	_				
Folate, food		23	2.585	3	A	1		21	28	
Folate, DFE										
Choline, total Betaine										
Vitamin B-12	-									
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU										
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.55	0.092	3	A	1		0.51	0.68	
Tocopherol, beta		0.07	0.009	3	A	1		0.06	0.08	
Tocopherol, gamma		5.02	0.595	3	A	1		4.72	6.23	
Tocopherol, delta		1.80	0.126	3	A	1		1.69	2.23	
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta		0.12	0.016	3	A	1		0.11	0.14	
Tocotrienol, gamma		0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta	mg	0.00	0.000	3	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg 32.6 4.711 30.6 40.4 Vitamin K (phylloquinone)......µg 1 Α Dihydrophylloquinone.....µg 0.0 0.000 3 Α 1 0.0 0.0 Menaquinone-4.....µg Lipids: Fatty acids, total saturated......g 1.689 0 NC 4 1.588 2.095 0.001 0.001 1 0.001 0.001 4:0.....g 3 Α 0.000 0.000 3 0.000 1 0.000 6·0 a Α 8:0.....g 0.003 0.002 3 Α 1 0.003 0.004 0.008 0.001 3 Α 0.008 0.010 10:0.....g 1 0.000 0.000 3 А 1 0.000 0.000 13·0 a 14:0.....g 0.010 0.001 3 1 0.009 0.012 0.003 0.000 3 0.003 0.004 15:0.....g Α 1 0.964 0.054 3 А 1 0.906 1.195 0.011 0.001 3 A 1 0.011 0.014 17:0......g 0.029 3 18:0.....g 0.618 Α 1 0.581 0.766 0.031 0.001 А 1 0.029 0.038 0.029 0.003 3 Α 1 0.027 0.036 0.011 0.001 0.011 0.014 Α 1 Fatty acids, total monounsaturated......g 2.035 NC 4 1.913 2.523 0.000 0.000 A 1 0.000 0.000 14:1.....g 0.000 3 0.000 Α 1 0.000 0.000 16:1 undifferentiated.......Q 0.010 0.001 3 AS 1 0.009 0.012 0.001 3 0.010 Α 1 0.009 0.012 16:1 c.....g 0.000 16:1 t......g 0.000 3 А 1 0.000 0.000 0.001 3 0.005 Α 1 0.005 0.007 0.100 18:1 undifferentiated.....g 1.993 AS 1 1.873 2.471 0.100 18:1 c.....g 1.979 3 Α 1 1.860 2.454 18:1 t.....g 0.014 0.002 3 А 1 0.013 0.017 0.023 0.001 3 0.029 20:1.....g 1 0.022 0.004 0.002 3 0.004 0.005 22:1 undifferentiated.....g AS 1 0.003 0.002 3 1 0.004 22:1 c.....g Α 0.003 0.001 0.001 3 0.001 0.001 22:1 t.....g Α 1 0.000 0.000 3 0.000 24:1 c.....g Α 1 0.000 Fatty acids, total polyunsaturated......g 5.029 0 NC 4 6.236 4.727 4.372 0.291 5.421 18:2 undifferentiated......g 3 AS 1 4.110 0.284 18:2 n-6 c,c.....g 4.331 3 Α 1 4.071 5.371 0.008 0.001 3 0.007 0.009 18:2 CLAs.....g 1 18:2 t,t.....g 0.033 0.005 3 18:2 t not further defined......g 1 0.031 0.041 Α 18:3 undifferentiated......g 0.651 0.030 3 AS 1 0.612 0.807 18:3 n-3 c,c,c (ALA)......g 0.623 0.023 Α 1 0.586 0.773 18:3 n-6 c,c,c.....g 0.027 0.007 3 Α 1 0.026 0.034 0.000 0.000 3 0.000 0.000 18:3i......g 1 Α 0.001 3 18:4.....g 0.001 Α 1 0.001 0.001 0.003 0.000 Α 1 0.003 0.003 0.000 20:3 undifferentiated.....g 0.000 3 AS 1 0.000 0.000 0.000 0.000 0.000 0.000 20:3 n-3.....g Α 1 0.000 20:3 n-6.....g 0.000 3 Α 1 0.000 0.000 20:4 undifferentiated.....g 0.003 0.002 А 1 0.003 0.004 20:4 n-6.....g 0.000 0.000 3 Α 1 0.000 0.000 21:5.....g 0.000 0.000 0.000 0.000 22:4.....g 3 1 0.000 22:5 n-3 (DPA)......g 0.000 3 Α 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 0.000 0.000 Α 1 0.000 0 NC 4 0.045 0.059 Fatty acids, total trans......g 0.048 0.015 4 0.014 0.018 Fatty acids, total trans-monoenoic......g 0 NC

NDB No. 36039

Restaurant, family style, hash browns

	<u>Am</u>	ount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.03	3	0	NC	4	0.031	0.041	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 124g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate4

Food Group: 36 Restaurant Foods

NDB No. 36017 Restaurant, family style, macaroni & cheese, from kids' menu

family style **Refuse:**0%

Nutrients and Units	68.24 151 634 5.42 6.06 1.48 18.80 1.1 3.09		24 0 0	Deriv Code		Confidence Code	measure 1	easures of foo	od Measure 3
Proximates: 9 Energy kcal Energy kJ Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Vitamin B-6 mg	68.24 151 634 5.42 6.06 1.48 18.80 1.1 3.09	of I Error Po 0.544 0.126 0.524	Data ints 24 0 0 24	Deriv Code	Code		Measure 1	Measure 2	Measure
Proximates: 9 Energy kcal Energy kJ Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Vitamin B-6 mg	68.24 151 634 5.42 6.06 1.48 18.80 1.1 3.09	0.544 0.126 0.524	24 0 0 24	A NC	Code		Measure 1	Measure 2	Measure
Water 9 Energy kcal Energy kJ Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Maltose 9 Galactose 9 Starch 9 Minerals: 7 Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamins Vitamin C, total ascorbic acid mg Thiamin mg Rischerium B-6 mg Folate, total µg	151 634 5.42 6.06 1.48 18.80 1.1 3.09 0.00	0.126 0.524	0 0 24	NC	1				
Water 9 Energy kcal Energy kJ Protein 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Maltose 9 Galactose 9 Starch 9 Minerals: 7 Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamins Vitamin C, total ascorbic acid mg Thiamin mg Rischerium B-6 mg Folate, total µg	151 634 5.42 6.06 1.48 18.80 1.1 3.09 0.00	0.126 0.524	0 0 24	NC	1				
Energy	151 634 5.42 6.06 1.48 18.80 1.1 3.09 0.00	0.126 0.524	0 0 24	NC			92.81	143.31	
Energy	634 5.42 6.06 1.48 18.80 1.1 3.09	0.524	0 24		4		206	318	
Protein	5.42 6.06 1.48 18.80 1.1 3.09	0.524	24		4		862	1331	
Total lipid (fat)	6.06 1.48 18.80 1.1 3.09	0.524		NC A	1		7.38	11.39	
Ash	1.48 18.80 1.1 3.09 0.00			A	1		8.24	12.72	
Carbohydrate, by difference	18.80 1.1 3.09 0.00	0.033	24	A	1		2.01	3.10	
Fiber, total dietary	1.1 3.09 0.00		0	NC	4		25.57	39.49	
Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, DFE µg Choline, total mg Vitamin B-12 µg Vitamin B-12, added <t< td=""><td>3.09 0.00</td><td>0.077</td><td>12</td><td>A A</td><td>1</td><td></td><td>1.5</td><td>2.3</td><td></td></t<>	3.09 0.00	0.077	12	A A	1		1.5	2.3	
Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, food µg Folate, total mg Vitamin B-12 µg Choline, total mg Vitamin B-12, added µg Vitamin A, RAE	0.00	0.077	12		1		4.21	6.50	
Glucose (dextrose)		0.278	12	A A	1		0.00		
Fructose			12		1			0.00	
Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin G Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Vitamin A, RAE µg Carotene, beta	0.00	0.000		A	1		0.00	0.00	
Maltose	0.00	0.000	12	A			0.00	0.00	
Galactose	3.02		12	A	1		4.10	6.34	
Starch	0.07		12	A	1		0.09	0.14	
Minerals: Calcium, Ca mg Iron, Fe. mg mg Magnesium, Mg. mg Phosphorus, P mg Photassium, K. mg sodium, Na. mg Zoinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Ng Niacin. mg Pantothenic acid. mg Polate, total. µg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12. µg Vitamin B-12. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, beta. µg	0.01	0.010	12	A	1		0.01	0.02	
Calcium, Ca mg Iron, Fe. mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Copper, Cu mg Manganese, Mn mg Selenium, Se µg Vitamins: Wg Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, food µg Folate, food µg Folate, total mg Setaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Carotene, beta µg	13.63	0.479	12	A	1		18.54	28.63	
Iron, Fe									
Magnesium, Mg	99	5.073	24	A	1		135	209	
Phosphorus, P	0.68	0.037	24	A	1		0.92	1.42	
Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: wg Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg	19	0.819	24	A	1		25	39	
Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Witamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg	137	7.411	24	A	1 1		187	288	
Zinc, Zn	135 361	7.058 16.636	24 24	A A	1		184 491	284 758	
Copper, Cu	0.64	0.023	24	A	1		0.87	1.34	
Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg mg Riboflavin. mg mg Niacin. mg mg Pantothenic acid. mg mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg	0.064	0.023	24	A	1		0.087	0.134	
Selenium, Se	0.194	0.014	24	A	1		0.264	0.408	
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg	19.4	0.909		A	1		26.3	40.7	
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg									
Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folic acid µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Retinol µg Carotene, beta µg	0.0		0	FLA	4		0.0	0.1	
Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folic acid µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Retinol µg Carotene, beta µg	0.095	0.005	12	A	1		0.129	0.199	
Niacin	0.254	0.010	12	A	1		0.346	0.534	
Pantothenic acid	0.783	0.053	12	A	1		1.065	1.645	
Folate, total	0.474	0.025	8	A	1		0.644	0.995	
Folic acid	0.057	0.005	12	A	1		0.078	0.121	
Folic acid	34	2.267	6	A	1		46	71	
Folate, DFE	12		0	FLA	4		16	25	
Choline, total	22		0	NC	4		30	46	
Betaine	42		0	NC	4		58	89	
Vitamin B-12	3.9		0	FLA	4		5.3	8.1	
Vitamin B-12, addedµg Vitamin A, RAEµg Retinolµg Carotene, betaµg									
Vitamin A, RAE	0.18	0.017	12	A	1		0.24	0.37	
Retinolµg Carotene, betaµg	0.00		0	FLA	4		0.00	0.00	
Carotene, betaµg	31		4	AS	1		43	66	
Carotene, betaµg	30	12.610	4	A	1		41	64	
Constant alpha	9	4.242	4	A	1		13	20	
Carotene, alphaµg	1	0.086	4	A	1		1	1	
Cryptoxanthin, betaµg	0	0.200	4	A	1		0	1	
Vitamin A, IUIU	118		4	AS	1		160	248	
Lycopeneµg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthinµg	77	19.558	4	A	1		105	163	
Vitamin E (alpha-tocopherol)g	0.75	0.140	12	A	1		1.02	1.58	
Vitamin E, addedmg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, betag	0.04	0.010	12	A	1		0.06	0.09	
Tocopherol, gammamg	1.72	0.379	12	A	1		2.34	3.61	
Tocopherol, deltag	0.41	0.158	12	A	1		0.56	0.86	
Tocotrienol, alphag	0.03	0.008	12	A	1		0.04	0.06	

	<u>Am o</u>	unt in 100 graı	ns of edi	ble portion	Amount in 6	edible portion o	of common
		Numb	or			easures of foo	•
				Source Confide			
Nutrients and Units	Mean S	td. Error Poin		Code Code		Measure 2	Measure 3
Tocotrienol, gammamg	0.09	0.052 1	2 A	1	0.12	0.18	
Tocotrienol, deltamg	0.01	0.005 1	2 A	1	0.01	0.01	
Vitamin D (D2 + D3)µg	0.1) FLA	4	0.1	0.2	
Vitamin D2 (ergocalciferol)µg							
Vitamin D3 (cholecalciferol)µg							
Vitamin D	3) FLA	4	4	7	
Vitamin K (phylloquinone)µg	0.5) FLA	4	0.7	1.1	
Dihydrophylloquinoneµg							
Menaquinone-4							
<u>Lipids:</u>							
Fatty acids, total saturatedg	2.147	(4	2.920	4.508	
4:0g	0.059	0.009 1		1	0.080	0.123	
6:0g	0.046	0.007 1		1	0.062	0.096	
8:0g	0.029	0.005 1		1	0.039	0.061	
10:0g	0.073	0.011 1		1	0.100	0.154	
12:0g	0.082	0.013 1	2 A	1	0.111	0.172	
13:0g	0.000	0 041 1				0 = 44	
14:0g	0.267	0.041 1		1	0.363	0.561	
15:0g	0.031	0.004 1		1	0.042	0.064	
16:0g	1.067	0.164 1			1.451	2.240	
17:0g	0.021 0.431	0.003 1 0.059 1		1 1	0.028	0.043	
18:0g	0.431	0.002 1		1	0.586	0.906	
20:0g	0.019	0.002 1		1	0.025 0.020	0.039 0.030	
22:0g 24:0g	0.014	0.002 1		1	0.020	0.030	
Fatty acids, total monounsaturatedg	1.954) NC	4	2.657	4.103	
14:1g	0.027	0.004 1		1	0.037	0.057	
15:1g	0.000	0.000 1		1	0.000	0.000	
16:1 undifferentiated	0.051	0.007 1		1	0.069	0.107	
16:1 c	0.041	0.005 1		1	0.055	0.086	
16:1 tg	0.010	0.002 1		1	0.014	0.021	
17:1g	0.008	0.001 1		1	0.010	0.016	
18:1 undifferentiated	1.830	0.151 1		1	2.488	3.842	
18:1 cg	1.756	0.147 1	2 A	1	2.389	3.688	
18:1 tg	0.073	0.011 1	2 A	1	0.100	0.154	
18:1-11 t (18:1t n-7)g							
20:1g	0.037	0.003 1	2 A	1	0.050	0.078	
22:1 undifferentiatedg	0.001	0.000 1	2 AS	1	0.002	0.002	
22:1 cg	0.001	0.000 1	2 A	1	0.001	0.002	
22:1 tg	0.000	0.000 1	2 A	1	0.000	0.000	
24:1 cg	0.000	0.000 1	2 A	1	0.000	0.000	
Fatty acids, total polyunsaturated	1.663) NC	4	2.262	3.493	
18:2 undifferentiatedg	1.395	0.300 1	2 AS	1	1.897	2.929	
18:2 n-6 c,cg	1.344			1	1.828	2.823	
18:2 CLAsg	0.018	0.003 1	2 A	1	0.024	0.037	
18:2 t,tg							
18:2 ig							
18:2 t not further definedg	0.033			1	0.045	0.069	
18:3 undifferentiatedg	0.251	0.030 1		1	0.341	0.527	
18:3 n-3 c,c,c (ALA)	0.240	0.029 1		1	0.326	0.503	
18:3 n-6 c,c,cg	0.011	0.002 1		1 1	0.015	0.024	
18:3ig	0.000	0.000 1 0.000 1		1	0.000 0.000	0.000	
18:4g	0.000 0.003			1		0.001	
20:2 n-6 c,cg 20:3 undifferentiatedg	0.003	0.000 1 0.001 1		1	0.00 <u>4</u> 0.005	0.006 0.008	
20:3 undifferentiatedg	0.004	0.001 1		1	0.000	0.000	
20:3 n-6g	0.004	0.000 1		1	0.005	0.007	
20:3 n-6g	0.004	0.001 1		1	0.005	0.017	
20:4 undifferentiated	0.000	J.001 1	_ ^	-	0.011	0.017	
20:5 n-3 (EPA)g	0.000	0.000 1	2 A	1	0.000	0.001	
21:5g	2.300	2.000		=	3.330	0.001	
22:4g	0.001	0.000 1	2 A	1	0.001	0.002	
22:5 n-3 (DPA)g	0.001	0.000 1		1	0.001	0.002	
			==				

	<u>Am ou</u>		mber		Amount in edible portion of common measures of food				
Nutrients and Units	Mean St	of d.Error P			Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans	0.117		0	NC	4		0.159	0.245	
Fatty acids, total trans-monoenoicg	0.084		0	NC	4		0.114	0.176	
Fatty acids, total trans-polyenoicg	0.033		0	NC	4		0.045	0.070	
Cholesterolmg	10	1.095	12	A	1		13	20	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.079		0	A	1		0.108	0.167	
Threonineg	0.165		0	A	1		0.224	0.346	
Isoleucineg	0.292		0	A	1		0.397	0.612	
Leucineg	0.545		0	A	1		0.742	1.145	
Lysineg	0.315		0	A	1		0.429	0.662	
Methionineg	0.121		0	A	1		0.164	0.253	
Cystineg	0.085		0	A	1		0.116	0.179	
Phenylalanineg	0.322		0	A	1		0.438	0.677	
Tyrosineg	0.220		0	A	1		0.299	0.462	
Valineg	0.474		0	A	1		0.644	0.995	
Arginineg	0.234		0	A	1		0.318	0.491	
Histidineg	0.159		0	A	1		0.216	0.334	
Alanineg	0.209		0	A	1		0.285	0.439	
Aspartic acidg	0.391		0	A	1		0.532	0.821	
Glutamic acidg	1.761		0	A	1		2.395	3.698	
Glycineg	0.166		0	A	1		0.226	0.349	
Prolineg	0.674		0	A	1		0.916	1.415	
Serineg	0.323		0	A	1		0.440	0.679	
Hydroxyprolineg	0.000	0.000	4	A	1		0.000	0.000	
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	

Common Measures:

Measure 1 = 136g: 1 cup Measure 2 = 210g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

family style **Refuse:**0%

		<u>Am ou</u>	nt in 100 g	rams	of edi	<u>on</u>	Amount in edible portion of common			
			Nui	n be i	r				easures of fo	
			of	Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	32.90	0.892	18	A	1		85.20		
Energy	-	356	00002	0	NC	4		922		
Energy		1489		0	NC	4		3857		
Protein		4.89	0.066	18	A	1		12.65		
Total lipid (fat)	-	19.28	0.694	18	A	1		49.94		
Ash		2.21	0.096	18	A	1		5.74		
Carbohydrate, by difference	_	40.72		0	NC	4		105.47		
Fiber, total dietary		2.6	0.189	9	A	1		6.6		
Sugars, total		4.68	0.095	9	A	1		12.13		
Sucrose		1.17	0.086	9	A	1		3.02		
Glucose (dextrose)		1.25	0.035	9	A	1		3.24		
Fructose		1.14	0.034	9	A	1		2.96		
Lactose		0.00	0.000	9	A	1		0.00		
Maltose		1.12	0.105	9	A	1		2.91		
Galactose	g	0.00	0.000	9	A	1		0.00		
Starch		33.29	0.293	9	A	1		86.22		
Minerals:										
Calcium, Ca	mg	21	0.360	18	A	1		55		
Iron, Fe	_	0.71	0.012	18	A	1		1.85		
Magnesium, Mg	mg	19	0.258	18	A	1		50		
Phosphorus, P	mg	94	1.255	18	A	1		243		
Potassium, K	mg	142	3.177	18	A	1		368		
Sodium, Na	-	692	32.678		A	1		1792		
Zinc, Zn		0.51	0.008		A	1		1.33		
Copper, Cu		0.088	0.001		A	1		0.227		
Manganese, Mn		0.471	0.015		A A	1 1		1.221		
Selenium, Se	µg	5.0	0.300	9	А	1		12.8		
Vitamins:										
Vitamin C, total ascorbic acid	_	0.115	0 000	•	_			0 200		
Thiamin		0.117 0.078	0.002		A A	1 1		0.302 0.202		
Riboflavin Niacin	_	0.078	0.002		A	1		2.118		
Pantothenic acid		0.380	0.018		A	1		0.984		
Vitamin B-6		0.083	0.007		A	1		0.216		
Folate, total	-	14	0.002	2	A	1		35		
Folic acid				_		=				
Folate, food		14		2	A	1		35		
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12										
Vitamin A, RAE		1		0	AS	1		4		
Retinol		1	0.760		A	1		2		
Carotene, beta		6	4.347		A	1		16		
Carotene, alpha		1	0.427		A	1		2		
Cryptoxanthin, beta		4	2.267		A	1		11		
Vitamin A, IU		17 0	0.000	0	AS A	1 1		43 0		
Lycopene		42	8.470		A A	1		108		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		1.27	0.033		A A	1		3.29		
Tocopherol, beta		0.18	0.033		A	1		0.47		
Tocopherol, gamma		8.38	0.024		A	1		21.69		
Tocopherol, delta		3.39	0.236		A	1		8.79		
Tocoprierol, delta Tocotrienol, alpha		0.04	0.002		A	1		0.10		
Tocotrienol, beta		0.15	0.002		A	1		0.39		
Tocotrienol, gamma		0.05	0.012		A	1		0.13		

	<u>Am ou</u>	nt in 100 gram	s of edi	<u>n</u>	Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of foo	<u>oa</u>
					Confidence			
N utrients and Units	Mean Sto	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, deltamg	0.00	0.000 9	A	1		0.00		
Vitamin D (D2 + D3)µg								
Vitamin D2 (ergocalciferol)µg								
Vitamin D3 (cholecalciferol)µg								
Vitamin D	42.6	3.184 9	A	1		110.4		
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg	0.0	0.044 9	A	1		110.4 0.1		
Menaquinone-4	0.0	0.000 3	A	1		0.0		
Wenaquinone-4	0.0	0.000		-		0.0		
Lipids:								
Fatty acids, total saturatedg	3.415	0	NC	4		8.845		
4:0g	0.000	0.000 9	A	1		0.000		
6:0g	0.000	0.000 9	A	1		0.000		
8:0g	0.008	0.001 9	A	1		0.021		
10:0g	0.008	0.000 9	A	1		0.021		
12:0g	0.006	0.002 9	A	1		0.016		
13:0g				_				
14:0g	0.023	0.002 9	A	1		0.059		
15:0g	0.005	0.000 9	A	1		0.013		
16:0g	2.081	0.081 9	A	1		5.391		
17:0g	0.021	0.001 9	A	1		0.053		
18:0g	1.120	0.043 9	A	1		2.900		
20:0g	0.062	0.002 9	A	1		0.160		
22:0g	0.059	0.002 9	A	1		0.152		
24:0g	0.023	0.001 9 0	A NC	1 4		0.059		
Fatty acids, total monounsaturatedg	4.217		A A	1		10.921		
14:1g	0.000 0.000	0.000 9 0.000 9	A	1		0.001		
15:1g	0.000	0.000 9	AS	1		0.000		
16:1 undifferentiated	0.031	0.002 9	AS A	1		0.080 0.078		
16:1 t	0.030	0.002 9	A	1		0.002		
10:1 tg	0.001	0.000 9	A	1		0.002		
18:1 undifferentiatedg	4.108	0.163 9	AS	1		10.639		
18:1 c	4.043	0.167 9	A	1		10.471		
18:1 tg	0.065	0.007 9	A	1		0.167		
18:1-11 t (18:1t n-7)g	0.003	0.007		-		0.107		
20:1g	0.059	0.007 9	A	1		0.154		
22:1 undifferentiated	0.007	0.001 9	AS	1		0.019		
22:1 cg	0.004	0.001 9	A	1		0.011		
22:1 tg	0.003	0.000 9	A	1		0.008		
24:1 cg	0.000	0.000 9	A	1		0.000		
Fatty acids, total polyunsaturatedg	9.830	0	NC	4		25.459		
18:2 undifferentiatedg	8.652	0.286 9	AS	1		22.408		
18:2 n-6 c,cg	8.510	0.282 9	A	1		22.041		
18:2 CLAsg	0.027	0.002 9	A	1		0.071		
18:2 t,tg								
18:2 i9								
18:2 t not further definedg	0.114	0.011 9	A	1		0.296		
18:3 undifferentiatedg	1.159	0.052 9	AS	1		3.001		
18:3 n-3 c,c,c (ALA)	1.078	0.051 9	A	1		2.792		
18:3 n-6 c,c,cg	0.081	0.006 9	A	1		0.209		
18:3ig	0.000	0.000 9	A	1		0.000		
18:4g	0.000	0.000 9	A	1		0.000		
20:2 n-6 c.cg	0.009	0.001 9	A	1		0.023		
20:3 undifferentiatedg	0.001	0.000 9	AS	1		0.002		
20:3 n-3g	0.001	0.000 9	A	1		0.002		
20:3 n-6g	0.000	0.000 9	A	1		0.000		
20:4 undifferentiatedg	0.008	0.000 9	A	1		0.022		
20:4 n-6g								
20:5 n-3 (EPA)g	0.000	0.000 9	A	1		0.000		
21:5g								
22:4g	0.001	0.000 9	A	1		0.002		
22:5 n-3 (DPA)g	0.000	0.000 9	A	1		0.000		

	<u>Am ount</u>	in 100 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000 9	A	1		0.000		
Fatty acids, total transg	0.183	0	NC	4		0.473		
Fatty acids, total trans-monoenoicg	0.068	0	NC	4		0.177		
Fatty acids, total trans-polyenoicg	0.114	0	NC	4		0.296		
Cholesterolmg								
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.046	0	A	1		0.120		
Threonineg	0.105	0	A	1		0.272		
Isoleucineg	0.163	0	A	1		0.422		
Leucineg	0.332	0	A	1		0.859		
Lysineg	0.111	0	A	1		0.287		
Methionineg	0.073	0	A	1		0.189		
Cystineg	0.120	0	A	1		0.310		
Phenylalanineg	0.226	0	A	1		0.584		
Tyrosineg	0.103	0	A	1		0.267		
Valineg	0.200	0	A	1		0.517		
Arginineg	0.230	0	A	1		0.595		
Histidineg	0.109	0	A	1		0.283		
Alanineg	0.149	0	A	1		0.387		
Aspartic acidg	0.220	0	A	1		0.570		
Glutamic acidg	1.508	0	A	1		3.906		
Glycineg	0.179	0	A	1		0.465		
Prolineg	0.624	0	A	1		1.616		
Serineg	0.181	0	A	1		0.469		
Hydroxyprolineg	0.000	0.000 3	A	1		0.000		

Common Measures:

Measure 1 = 259g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

family style **Refuse:**0%

		<u>Am ou</u>	nt in 100 gr			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				nbe				<u>m</u>	easures of to	<u>ou</u>
			of l	Data	Deriv	Source (Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_	42.00			_	_				
Water	_	43.02	1.443	4	Α	1		72.71		
Energy		308		0	NC	4		520		
Energy		1288		0	NC	4		2177		
Protein	-	12.67	0.430	4	A	1		21.41		
Total lipid (fat)	-	18.67	0.682	4	A	1		31.56		
Ash		3.34	0.300	4	A	1		5.65		
Carbohydrate, by difference	g	22.29		0	NC	4		37.66		
Fiber, total dietary	g	1.5	0.660	3	A	1		2.5		
Sugars, total	g	0.91		2	A	1		1.54		
Sucrose	g	0.35		2	A	1		0.59		
Glucose (dextrose)	g	0.14		2	A	1		0.23		
Fructose	g	0.14		2	A	1		0.23		
Lactose		0.00		2	A	1		0.00		
Maltose		0.29		2	A	1		0.48		
Galactose	g	0.00		2	A	1		0.00		
Starch		20.00	0.990	4	A	1		33.80		
Minerals:										
Calcium, Ca	mg	42	3.053	4	A	1		71		
Iron, Fe	mg	1.16	0.241	4	A	1		1.95		
Magnesium, Mg	mg	21	2.131	4	A	1		35		
Phosphorus, P	mg	301	66.842	4	A	1		509		
Potassium, K	mg	108	9.994	4	A	1		183		
Sodium, Na	<u>mg</u>	1125	119.319	4	A	1		1900		
Zinc, Zn	mg	0.79	0.025	4	A	1		1.33		
Copper, Cu	mg	0.142	0.016	4	A	1		0.240		
Manganese, Mn		0.297	0.038	4	A	1		0.502		
Selenium, Se	µg	22.6		2	A	1		38.1		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0		
Thiamin	-	0.112	0.024	4	A A	1		0.190		
	-	0.112	0.024	4	A	1				
Riboflavin	-	1.249	0.040	4	A	1		0.218 2.111		
Niacin	-	0.350	0.407	2	A	1		0.592		
Pantothenic acid Vitamin B-6	•	0.330	0.008	4	A	1		0.125		
Folate, total	-	43	0.008	0	BFZN	4		72		
Folic acid		28		0	BFZN	4		47		
		15		0	BFZN	4		25		
Folate, foodFolate, DFE		62		٥	NC NC	4		105		
		50.1		0	AS	1		84.7		
Choline, total		30.1		U	AS	1		04.7		
Betaine Vitamin B-12	-	0.44	0.095	1	A	1		0.74		
Vitamin B-12, added		0.00	0.093	0	BFFN	4		0.00		
		3		0	NC	4		5		
Vitamin A, RAE Retinol		3	1.460	4	A	1		5		
Carotene, beta		0	1.400	0	BFFN	4		1		
Carotene, alpha		0		٥	BFFN	4		1		
		0		0	BFFN	4		0		
Cryptoxanthin, beta Vitamin A, IU		11		0	NC	4		19		
		0		0	BFFN	4		0		
LycopeneLutein + zeaxanthin		10		0	BFFN	4		16		
		2.14	0.164		A A	1		3.61		
Vitamin E (alpha-tocopherol)		0.00	0.104	0	BFZN	4		0.00		
Vitamin E, added		0.22	0.019	4		1		0.00		
Tocopherol, beta		7.24			A A	1				
Tocopherol, gamma			0.953	4	A	1		12.24		
Tocopherol, delta		3.12	0.128	4	A A	1		5.27		
Tocotrienol, alpha		0.00	0.000	4	A			0.00		
Tocotrienol, beta	g	0.05	0.030	4	A	1		0.08		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.00 0.000 0.00 Tocotrienol, gamma.....mg A 1 0.25 0.144 Tocotrienol, delta.....g 4 Α 1 0.42 Vitamin D (D2 + D3)......µg 0.0 BFFN 4 0.1 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D......U 0 BFFN 2 4 Vitamin K (phylloquinone)......µg 32.2 2 Α 1 54.4 2 Dihydrophylloquinone.....µg 0.0 Α 1 0.0 Menaquinone-4.....µg 0.0 2 A 1 0.0 Lipids: Fatty acids, total saturated......g 3.361 0 NC 4 5.680 0.000 0.000 4:0.....g 4 Α 1 0.000 0.001 0.001 0.001 6:0.....g Α 1 0.003 0.007 0.011 8:0.....g Α 1 0.005 0.002 10:0.....g 4 1 0.008 0.001 0.002 1 0.004 12:0.....g Α 13:0.....g 0.022 0.001 4 1 0.037 Α 15:0.....g 0.005 0.000 4 Α 1 0.009 1.956 0.066 А 1 3.306 16:0.....g 0.023 0.000 4 Α 1 0.038 0.037 1.193 2.017 1 18:0.....g Α 0.064 0.002 4 Α 1 0.108 20:0.....g 0.061 0.002 4 Α 1 22:0.....g 0.103 0.023 0.001 Α 1 0.039 Fatty acids total monounsaturated Q 4.294 NC 4 7.257 0.000 0.000 4 Α 1 0.000 14:1.....g 15:1.....g 0.000 0.000 Α 1 0.000 16:1 undifferentiated......g 0.033 0.004 AS 1 0.056 16:1 c......g 0.031 0.004 Α 1 0.053 0.002 0.000 1 0.003 16:1 t.....g Α 0.010 0.000 Α 1 17:1.....g 0.018 18:1 undifferentiated......g 4.137 0.192 4 AS 1 6.991 4.077 0.192 4 6.890 18:1 c.....g Α 1 0.060 0.010 1 0.101 18:1 t.....g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.114 0.015 4 Α 1 0.192 0.000 0.000 22:1 undifferentiated......g 0.000 0.000 0.000 0.000 22:1 c.....g 4 Α 1 0.000 0.000 A 1 0.000 22:1 t.....g 0.000 24:1 c.....g 0.000 4 Α 1 0.000 Fatty acids, total polyunsaturated.....g 9.311 NC 15.736 18:2 undifferentiated......g 8.182 0.255 AS 1 13.828 8.082 0.237 18:2 n-6 c,c....g А 1 13.659 0.005 18:2 CLAs.....g 0.024 Α 1 0.040 18:2 t,t.....g 18:2 i.....g 0.076 0.017 1 0.129 18:2 t not further defined......g Α 0.028 4 18:3 undifferentiated......g 0.997 1.685 AS 1 18:3 n-3 c,c,c (ALA)......g 0.914 0.031 4 А 1 1.544 0.018 0.083 4 Α 1 0.141 18:3 n-6 c,c,c.....g 18:3i.....g 0.000 0.000 A 1 0.000 0.000 0.000 0.000 Α 1 18:4......g 20:2 n-6 c,c.....g 0.011 0.001 4 Α 1 0.019 0.001 0.001 4 AS 1 0.001 20:3 undifferentiated......g 0.001 0.001 4 A 1 0.001 20:3 n-3.....g 0.000 0.000 4 20:3 n-6 a Α 1 0.000 20:4 undifferentiated......g 0.025 0.002 4 1 0.043 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.045 0.004 4 Α 1 0.077 21:5.....g 0.001 0.001 4 Α 1 0.001 22:4.....g 22:5 n-3 (DPA).....g 0.003 0.000 Α 1 0.005

	<u>Am oun</u>	t in 100 gr	am s	of edil	ole portio	<u>n</u>		dible portion	
		Nun	nber	•			<u>m</u>	easures of foo	<u>od</u>
		of I	Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean Std	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.045	0.006	4	A	1		0.077		
Fatty acids, total transg	0.138		0	NC	4		0.233		
Fatty acids, total trans-monoenoicg	0.061		0	NC	4		0.104		
Fatty acids, total trans-polyenoicg	0.076		0	NC	4		0.129		
Cholesterolmg	87	1.281	4	A	1		147		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.145		0	A	1		0.246		
Threonineg	0.451		0	A	1		0.762		
Isoleucineg	0.547		0	A	1		0.925		
Leucineg	0.993		0	A	1		1.679		
Lysineg	0.863		0	A	1		1.459		
Methionineg	0.309		0	A	1		0.522		
Cystineg	0.171		0	A	1		0.288		
Phenylalanineg	0.559		0	A	1		0.945		
Tyrosineg	0.386		0	A	1		0.652		
Valineg	0.673		0	A	1		1.138		
Arginineg	0.922		0	A	1		1.558		
Histidineg	0.258		0	A	1		0.436		
Alanineg	0.656		0	A	1		1.108		
Aspartic acidg	1.151		0	A	1		1.945		
Glutamic acidg	2.577		0	A	1		4.355		
Glycineg	0.579		0	A	1		0.979		
Prolineg	0.691		0	A	1		1.167		
Serineg	0.511		0	A	1		0.863		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		

Common Measures:

Measure 1 = 169g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

family style **Refuse:**0%

		Amou	<u>ınt in 100 gr</u> Nun			ble portic	<u>on</u>		edible portion easures of fo	
Nutrients and Uni	ts	Mean St		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.18	0.541	18	A	1		99.89		
Energy	-	195		0	NC	4		324		
Energy		818		0	NC	4		1358		
Protein		29.80	0.561	18	A	1		49.46		
Total lipid (fat)	-	8.48	0.358	18	А	1		14.07		
Ash		1.79	0.090	18	A	1		2.96		
Carbohydrate, by difference		0.00		0	NC	4		0.00		
Fiber, total dietary				·		-				
Sugars, total		0.55		2	A	1		0.92		
		0.00		2	A	1		0.00		
Sucrose		0.55		2	A	1		0.92		
Glucose (dextrose)		0.00		2	A	1		0.00		
Fructose		0.00		2	A	1		0.00		
Lactose				2						
Maltose		0.00		2	A	1		0.00		
Galactose		0.00		2	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	ma	10	0.910	18	A	1		17		
Iron, Fe.	_	2.57	0.106		A	1		4.26		
Magnesium, Mg		27		18	A	1		44		
Phosphorus, P		230	4.632		A	1		382		
Potassium, K		379		18	A	1		629		
Sodium, Na	-	339	40.653		A	1		562		
Zinc, Zn	-	5.44	0.132		A	1		9.03		
Copper, Cu	-	0.100	0.004		A	1		0.166		
Manganese, Mn		0.020	0.002		A	1		0.033		
Selenium, Se		29.0	1.170		A	1		48.2		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_			_		_				
Thiamin	-	0.077	0.006	9	A	1		0.128		
Riboflavin	_	0.347	0.019	9	A	1		0.575		
Niacin		5.683		9	A	1		9.434		
Pantothenic acid		0.593	0.074	6	A	1		0.984		
Vitamin B-6	•	0.668	0.028	9	A	1		1.109		
Folate, total										
Folate, DFE										
Choline, total										
Betaine	-			_	_	_				
Vitamin B-12		2.54	0.133		A	1		4.22		
Vitamin A, RAE		8		0	AS	1		13		
Vitamin A, IU		27		0	AS	1		45		
Lycopene										
Lutein + zeaxanthin				_		_				
Vitamin E (alpha-tocopherol)	-	0.53	0.124	9	A	1		0.88		
Tocopherol, beta		0.00	0.000	9	A	1		0.00		
Tocopherol, gamma		0.15	0.017	9	A	1		0.25		
Tocopherol, delta		0.05	0.012	9	A	1		0.08		
Tocotrienol, alpha		0.00	0.000	9	A	1		0.00		
Tocotrienol, beta		0.12	0.083	9	A	1		0.21		
Tocotrienol, gamma		0.02	0.014	9	A	1		0.04		
Tocotrienol, delta	-	0.00	0.000	9	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.143 0 NC 5.217 4:0.....g 0.000 0.000 9 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.000 9 8:0.....g 0.000 Α 1 0.000 10:0.....g 0.008 0.001 9 Α 1 0.013 0.001 9 0.007 12:0.....g Α 1 0.011 13:0.....g 0.026 0.207 9 14:0.....g Α 1 0.343 0.034 0.004 9 1 Α 0.056 1.819 0.169 3.019 16:0.....g Α 1 17:0.....g 0.092 0.009 9 1 0.153 0.960 0.048 9 Α 1 1.593 18:0.....g 0.008 0.001 9 A 1 0.013 0.005 0.001 9 Α 1 0.009 22:0.....g 0.004 0.000 9 0.007 24:0.....g Α 1 0 NC 3.654 4 6.066 14:1.....g 0.062 0.012 9 Α 1 0.102 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.285 0.048 9 AS 1 0.472 0.262 0.047 9 Α 1 0.434 16:1 c......g 0.023 0.002 9 А 1 0.038 16:1 t.....g 0.071 0.010 9 0.118 17:1.....g Α 1 18:1 undifferentiated......g 3.212 0.292 9 AS 1 5.332 2.925 0.286 9 1 4.856 18:1 c.....g Α 0.287 0.020 9 Α 1 0.476 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.003 9 0.025 Α 1 0.041 20:1.....g 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 9 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 9 1 0.000 22:1 t......g Α 0.000 9 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.673 NC 1.118 0.027 18:2 undifferentiated......g 0.502 AS 1 0.833 0.426 0.029 A 1 0.707 18:2 n-6 c.c....g 0.003 9 18:2 CLAs......g 0.032 1 0.054 18:2 t,t.....g 18:2 i.....g 0.044 0.006 9 1 0.072 18:2 t not further defined......g 18:3 undifferentiated......g 0.003 0.032 9 0.052 1 AS 18:3 n-3 c,c,c (ALA)......g 0.030 0.003 9 A 1 0.050 0.002 0.000 0.003 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 9 0.000 18:3i.....g 1 0.000 0.000 9 А 1 0.000 18:4.....g 0.004 0.001 9 Α 1 0.006 20:2 n-6 c,c.....g 0.025 0.001 9 20:3 undifferentiated.....g AS 1 0.042 0.000 0.000 9 A 1 0.000 20:3 n-3.....g 0.001 0.025 9 Α 1 0.042 20:3 n-6.....g 0.073 0.004 9 1 0.121 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.007 0.001 9 А 1 0.012 21:5.....g 0.011 0.001 9 22:4.....g Α 1 0.017 22:5 n-3 (DPA).....g 0.019 0.001 9 0.031 Α 1 0.001 9 22:6 n-3 (DHA)......g 0.001 Α 1 0.002 0.354 0 NC 4 0.587 Fatty acids, total trans-monoenoic......g 0.310 0 NC 4 0.514 0.044 0.073 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 87 2.863 9 1 144 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.393 1 0.653 Α 1.411 0 Α 1 2.342 Threonine......g

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	1.483	0	A	1		2.462		
Leucineg	2.547	0	A	1		4.228		
Lysine	2.549	0	A	1		4.231		
Methionineg	0.766	0	A	1		1.271		
Cystineg	0.310	0	A	1		0.514		
Phenylalanineg	1.266	0	A	1		2.102		
Tyrosineg	1.072	0	A	1		1.780		
Valineg	1.839	0	A	1		3.052		
Arginineg	2.082	0	A	1		3.456		
Histidineg	1.097	0	A	1		1.821		
Alanineg	1.785	0	A	1		2.963		
Aspartic acidg	2.893	0	A	1		4.803		
Glutamic acid	4.765	0	A	1		7.910		
Glycineg	1.442	0	A	1		2.394		
Prolineg	1.244	0	A	1		2.066		
Serineg	1.161	0	A	1		1.928		
Hydroxyprolineg								

Common Measures:

Measure 1 = 166g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		<u>Am ou</u>	nt in 100 gr	am s	of edi	ble portion		Amount in edible portion of common			
			Num	ber					easures of fo		
					Deriv	Source Confid	ence				
Nutrients and Unit	s	Mean Sto	d. Error Po					Measure 1	Measure 2	Measure	
Proximates: Water	a	66.64	0.902	6	A	1		89.30	376.51		
Energy	-	170	0.902	0	NC	4		228	961		
Energy		712		0	NC	4		954	4023		
Protein		7.84	0.324	6	A	1		10.51	44.31		
Total lipid (fat)		8.52	0.644	6	A	1		11.42	48.15		
Ash		1.49	0.059	6	A	1		2.00	8.42		
Carbohydrate, by difference	_	15.51	0.039	0	NC	4		20.78	87.61		
		1.5	0.096	3	A	1		2.0	8.3		
Fiber, total dietary		2.03	0.203	3	A	1		2.72	11.49		
Sugars, total		0.50	0.203	3	A	1		0.67	2.83		
Sucrose		0.63	0.000	3	A	1		0.85	2.63 3.58		
Glucose (dextrose)		0.63	0.100	3	A	1		0.94	3.95		
Fructose	9	0.70	0.000	3		1		0.00			
Lactose		0.00	0.000	3	A A	1		0.00	0.00 1.13		
Maltose		0.20	0.000	3	A	1		0.27			
Galactose	9					1			0.00		
Starch	9	11.37	1.594	3	A	1		15.23	64.22		
Minerals:											
Calcium, Ca	_	45	2.512	6	A	1		61	257		
Iron, Fe	_	1.29	0.037	6	A	1		1.73	7.28		
Magnesium, Mg		23	0.815	6	A	1		30	128		
Phosphorus, P		89	2.766	6	A	1		120	505		
Potassium, K	_	206 351	8.882 16.846	6	A A	1		276 470	1163 1980		
Sodium, Na	_	1.04	0.031	6 6	A	1		1.39	5.86		
Zinc, Zn	_	0.106	0.031	6	A	1		0.143	0.601		
Copper, Cu		0.108	0.003	6	A	1		0.143	1.568		
Selenium, Se		18.4	0.709	3	A	1		24.7	104.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9	0.121	3	А	1		1.2	4.9		
Thiamin	_	0.107	0.015	3	A	1		0.143	0.602		
Riboflavin	_	0.167	0.009	3	A	1		0.223	0.942		
Niacin		2.000	0.140	3	A	1		2.680	11.299		
Pantothenic acid	mg	0.440		2	A	1		0.590	2.486		
Vitamin B-6		0.143	0.015	3	A	1		0.192	0.808		
Folate, total	µg	36	4.219	3	A	1		48	202		
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.39	0.044	3	A	1		0.53	2.22		
Vitamin A, RAE	µg	28		0	AS	1		37	156		
Vitamin A, IU	<u>IU</u>	258		0	AS	1		346	1460		
Lycopene		2740	404.341	3	A	1		3671	15480		
Lutein + zeaxanthin		159	2.180	3	A	1		213	897		
Vitamin E (alpha-tocopherol)		0.75	0.057	3	A	1		1.00	4.22		
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00		
Tocopherol, gamma		0.36	0.084	3	A	1		0.48	2.04		
Tocopherol, delta		0.06	0.037	3	A	1		0.09	0.36		
Tocotrienol, alpha		0.03	0.015	3	A	1		0.04	0.17		
Tocotrienol, beta	•	0.27	0.040	3	A	1		0.36	1.51		
Tocotrienol, gamma		0.08	0.081	3	A	1		0.11	0.46		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00	0.00		
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D	IV										

Phytosterols.....mg

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Dihydrophylloquinone.....µg Menaquinone-4.....µg Lipids: 17.540 Fatty acids, total saturated......g 3.104 0 NC 4 4.160 0.007 0.001 1 4:0.....g 3 Α 0.009 0.040 0.006 0.001 3 6:0.....g Α 1 0.008 0.034 0.005 0.000 3 0.030 А 0.007 8:0.....g 0.001 3 10:0.....g 0.020 Α 1 0.027 0.112 0.003 12:0.....g 0.022 3 1 0.029 0.124 13:0.....g 0.199 0.021 3 1 0.267 1.126 14:0.....g 0.003 0.025 3 1 Α 0.033 0.139 15:0.....g 16:0.....g 1.824 0.145 3 Α 1 2.444 10.305 0.006 0.055 3 0.074 0.312 Α 1 18:0.....g 0.916 0.081 3 1 1.227 5.173 0.015 0.001 3 А 1 0.020 0.085 20:0.....g 22:0.....g 0.006 0.000 3 Α 1 0.008 0.036 0.004 0.000 3 0.006 0.024 Α 1 3.600 0 NC 4 4.824 20.338 Fatty acids, total monounsaturated......g 0.041 0.006 3 Α 1 0.054 0.230 14:1.....g 0.000 0.000 3 A 1 0.000 0.000 0.210 0.020 0.282 1.188 16:1 undifferentiated......g AS 1 0.195 0.019 3 А 1 0.261 1.099 16:1 c.....g 16:1 t.....g 0.016 0.002 3 Α 1 0.021 0.088 0.040 0.005 3 А 1 0.054 0.226 17:1.....g 18:1 undifferentiated Q 3.254 0.203 3 AS 1 4.361 18.387 3.085 0.182 3 1 4.134 17.432 18:1 c.....g 0.169 0.035 0.226 18:1 t.....g Α 1 0.955 18:1-11 t (18:1t n-7)......g 0.002 3 0.053 1 0.071 0.297 20:1.....g Α 0.002 0.000 3 AS 1 0.003 0.011 22:1 c.....g 0.002 0.000 Α 1 0.003 0.011 0.000 3 22:1 t.....g 0.000 Α 1 0.000 0.000 0.000 3 0.000 А 0.000 0.000 24:1 c......g Fatty acids, total polyunsaturated......g 1.213 ٥ NC 4 1,625 6.852 0.024 18:2 undifferentiated.....g 1.054 AS 1 1.412 5.954 18:2 n-6 c,c....g 0.994 0.018 3 Α 1 1.332 5.616 0.028 0.004 0.037 0.158 Α 1 18:2 t,t.....g 18:2 i.....g 0.032 0.004 3 0.181 1 0.043 18:2 t not further defined.....g Α 0.085 0.007 3 0.114 0.479 18:3 undifferentiated......g 1 0.081 0.007 3 1 0.457 18:3 n-3 c,c,c (ALA)......g Α 0.108 18:3 n-6 c,c,c......g 0.004 0.001 3 Α 1 0.005 0.022 0.000 0.000 3 1 0.000 0.000 18:3i.....g Α 18:4.....g 0.000 0.000 3 Α 1 0.000 0.000 0.027 0.002 3 Α 1 0.037 0.154 20:2 n-6 c,c.....g 20:3 undifferentiated......g 0.014 0.001 3 AS 1 0.019 0.079 0.000 3 0.004 1 Α 0.005 0.021 20:3 n-3.....g 0.010 0.001 3 0.014 0.058 20:3 n-6.....g 1 0.002 3 0.020 20:4 undifferentiated......g Α 1 0.026 0.111 20:4 n-6.....g 0.000 0.000 3 1 0.000 0.002 Α 21:5.....g 22:4.....g 0.008 0.001 Α 1 0.010 0.043 0.000 22:5 n-3 (DPA)......g 0.005 3 Α 1 0.007 0.030 22:6 n-3 (DHA).....g 0.000 0.000 Α 1 0.000 0.000 Fatty acids, total trans......g 0.217 0 NC 4 0.290 1.224 0.185 0 NC 4 0.247 1.043 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic.......g 0.032 0 NC 4 0.043 0.181 19 1.933 А 107 Cholesterol....mg

	Amount in	Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data _{Or} Points			Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.090	0	A	1		0.121	0.509	
Threonineg	0.330	0	A	1		0.442	1.865	
Isoleucineg	0.370	0	A	1		0.496	2.091	
Leucineg	0.710	0	A	1		0.951	4.011	
Lysineg	0.560	0	A	1		0.750	3.164	
Methionineg	0.190	0	A	1		0.254	1.073	
Cystineg	0.140	0	A	1		0.188	0.791	
Phenylalanineg	0.400	0	A	1		0.536	2.260	
Tyrosine	0.250	0	A	1		0.335	1.413	
Valineg	0.450	0	A	1		0.603	2.542	
Arginineg	0.500	0	A	1		0.670	2.825	
Histidine9	0.270	0	A	1		0.362	1.526	
Alanineg	0.440	0	A	1		0.589	2.485	
Aspartic acid	0.690	0	A	1		0.924	3.898	
Glutamic acid	2.240	0	A	1		3.002	12.656	
Glycineg	0.460	0	A	1		0.616	2.599	
Proline	0.790	0	A	1		1.059	4.464	
Serine 9	0.390	0	A	1		0.522	2.203	
Hydroxyprolineg	0.060	1	A	1		0.080	0.338	

Common Measures:

Measure 1 = 134g: 1 cup Measure 2 = 565g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36006

T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded

T.G.I Friday's

Fridays, TGI Friday's, family style

		<u>Am</u>	ount in 10			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
				Num ber		0	0 (1 -1	<u> </u>	easures or ro	<u> </u>
Nutrients and Uni	its	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	44.8	5	1	A	1		78.49		
Energy		302	•	0	NC	4		529		
Energy		1264		0	NC	4		2212		
Protein		11.8	7	1	A	1		20.78		
Total lipid (fat)	-	19.0		1	A	1		33.29		
Ash	-	3.39		1	A	1		5.93		
Carbohydrate, by difference		20.8		0	NC	4		36.52		
		20.0	,	U	NC	4		30.52		
Fiber, total dietary										
Sugars, total		18.60		1	A	1		32.55		
Starch	9	10.00	,	_	А	1		32.33		
Minerals:										
Calcium, Ca	mg	33		1	A	1		58		
Iron, Fe	_	0.5	3	1	A	1		0.92		
Magnesium, Mg	_	16		1	A	1		27		
Phosphorus, P		226		1	A	1		396		
Potassium, K	_	122		1	A	1		214		
Sodium, Na	•	1210	_	1	A	1		2118		
Zinc, Zn		0.7		1	A	1		1.27		
Copper, Cu		0.1		1	A	1		0.241		
Manganese, Mn	_	0.2	52	1	A	1		0.441		
Selenium, Se	µg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_									
Thiamin	_	0.0		1	A	1		0.123		
Riboflavin	_	0.09		1	A	1		0.159		
Niacin	_	0.70	50	1	A	1		1.330		
Pantothenic acid	_	0.00			_	-		0.150		
Vitamin B-6	_	0.09	90	1	A	1		0.158		
Folate, total										
Folate, DFE Choline, total										
Betaine	_									
Vitamin B-12	_	0.2	2	1	A	1		0.40		
Vitamin A. RAE		7		0	AS	1		13		
Vitamin A, KAE		25		0	AS	1		43		
Lycopene		23		·	110	-		15		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		2.09	•	1	A	1		3.65		
Tocopherol, beta		0.10	5	1	A	1		0.28		
Tocopherol, gamma		4.42		1	A	1		7.74		
Tocopherol, delta		3.00	5	1	A	1		5.36		
Tocotrienol, alpha		0.00)	1	A	1		0.00		
Tocotrienol, beta		0.13		1	A	1		0.22		
Tocotrienol, gamma		0.00)	1	A	1		0.00		
Tocotrienol, delta		0.50)	1	A	1		0.87		
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.50)1	0	NC	4		6.126		
4:0		0.00		1	A	1		0.000		
6:0		0.00		1	A	1		0.004		
8:0	-	0.0		1	A	1		0.025		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.007 0.012 10:0.....g 1 1 12:0 a 0.005 Α 0.009 13:0.....g 0.022 1 1 0.038 14:0.....g Α 15:0.....g 0.005 1 А 1 0.009 2.029 1 1 16·0 a Α 3.551 17:0.....g 0.023 0.040 1.241 1 Α 1 2.172 18:0.....g 0.065 1 A 1 0.114 0.065 1 0.114 22:0.....g Α 1 24:0.....g 0.023 1 1 0.040 0 NC Fatty acids, total monounsaturated......g 4.383 4 7.670 0.000 1 А 1 0.000 14:1.....g 0.000 0.000 1 Α 1 15:1.....g 0.044 0 AS 1 0.077 0.043 1 А 1 0.075 16:1 c.....g 0.001 1 Α 1 0.002 16:1 t.....g 0.010 0.017 1 Α 1 18:1 undifferentiated......g 4.199 0 AS 1 7.348 18:1 c.....g 4.154 1 А 1 7.269 0.045 1 Α 1 0.079 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.130 1 Α 1 0.227 20:1.....g 0.000 0 AS 1 0.000 22:1 undifferentiated......g 22:1 c.....g 0.000 1 A 1 0.000 0.000 1 0.000 22:1 t.....g Α 1 24:1 c.....g 0.000 1 Α 1 0.000 Fatty acids, total polyunsaturated......g 9.527 0 NC 4 16.673 18:2 undifferentiated......g 8.371 0 AS 1 14.649 8.282 1 Α 1 14.493 18:2 n-6 c.c....g 18:2 CLAs.....g 0.020 1 1 0.035 18:2 t,t.....g 18:2 i.....g 0.069 0.121 18:2 t not further defined......g 1 1.018 0 1 1.781 18:3 undifferentiated.....g AS 18:3 n-3 c,c,c (ALA)......g 0.931 1 1 Α 1.629 0.087 18:3 n-6 c,c,c.....g 1 0.152 Α 1 18:3i.....g 0.000 1 1 0.000 0.000 1 1 18:4.....g Α 0.000 20:2 n-6 c,c.....g 0.013 1 A 1 0.023 0.000 20:3 undifferentiated......g 0 AS 1 0.000 20:3 n-3.....g 0.000 1 Α 1 0.000 1 0.000 А 1 0.000 20:3 n-6.....g 0.026 1 1 20:4 undifferentiated......g Α 0.046 20:4 n-6.....g 0.043 1 A 1 0.075 20:5 n-3 (EPA)......g 21:5.....g 0.000 1 Α 1 0.000 22:5 n-3 (DPA).....g 0.002 1 Α 1 0.004 0.055 1 Α 1 0.096 Fatty acids, total trans......g 0.115 0 NC 4 0.201 Fatty acids, total trans-monoenoic......g 0.046 0 NC 4 0.081 0.069 0 NC 4 0.121 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 89 Α 1 156 Phytosterols.....mg Amino Acids: 0.137 1 0.240 Tryptophan.....g Α Threonine.....g 0.458 0 A 1 0.802 Isoleucine.....g 0.530 0 Α 1 0.927 Leucine.....g 0.963 0 А 1 1.686 Lysine.....g 0.945 A 1 1.654 Methionine.....g 0.318 0 A 1 0.556 Cystine.....g 0.155 Α 1 0.271

	Amount in 1	00 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean Std. Erro		Deriv		Confidence Code	<u>m</u> Measure 1	easures of foo	od Measure 3
Phenylalanineg	0.521	0	A	1		0.912		
Tyrosineg	0.387	0	A	1		0.678 0.925		
Valine	0.528 0.970	0	A A	1		1.698		
Histidineg	0.256	0	A	1		0.448		
Alanineg	0.651	0	A	1		1.140		
Aspartic acidg	1.177	0	A	1		2.060		
Glutamic acidg	2.323	0	A	1		4.065		
Glycineg	0.586	0	A	1		1.026		
Prolineg	0.600	0	A	1		1.051		
Serineg	0.462	0	A	1		0.809		
Hydroxyprolineg								

Common Measures:

Measure 1 = 175g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

		Amo	ount in 100	gram	s of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			N	um be	r				easures of fo		
						Source	Confidence				
Nutrients and Unit		Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and onit	.5	Wiedli 4	3tu. 🗀 101	Oiiito	Oouc	Oouc	Oouc	Wieasure i	Measure 2	weasure .	
Proximates:											
Water	g	41.32	1.72	25 6	A	1		92.98			
Energy	kcal	325		0	NC	4		731			
Energy	kJ	1359		0	NC	4		3058			
Protein	g	18.68	0.55	4 6	A	1		42.02			
Total lipid (fat)	g	20.31	0.89	0 6	A	1		45.69			
Ash		2.85	0.15	8 6	A	1		6.42			
Carbohydrate, by difference	g	16.84		0	NC	4		37.89			
Fiber, total dietary	g	0.8	0.15	5 3	A	1		1.8			
Sugars, total	g	0.23	0.04	9 3	A	1		0.52			
Sucrose	g	0.00	0.00	0 3	A	1		0.00			
Glucose (dextrose)	g	0.23	0.04	9 3	A	1		0.52			
Fructose	g	0.00	0.00	0 3	A	1		0.00			
Lactose	g	0.00	0.00		A	1		0.00			
Maltose	g	0.00	0.00		A	1		0.00			
Galactose	g	0.00	0.00		A	1		0.00			
Starch	g	15.60	1.35	8 3	A	1		35.10			
Minerals:											
Calcium, Ca	_	26	3.23		A	1		59			
Iron, Fe		0.77	0.04		A	1		1.73			
Magnesium, Mg		29	0.73		A	1		64			
Phosphorus, P		350 308	11.29 8.01		A A	1 1		788 693			
Potassium, K	-	787	38.7		A	1		1770			
Zinc, Zn	_	0.65	0.02		A	1		1.45			
Copper, Cu		0.06			A	1		0.149			
Manganese, Mn		0.230			A	1		0.518			
Selenium, Se		28.8	0.81	.9 3	A	1		64.8			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.10	3 0.01	.2 3	A	1		0.232			
Riboflavin	mg	0.180	0.00	6 3	A	1		0.405			
Niacin	mg	8.38	7 0.12	25 3	A	1		18.870			
Pantothenic acid	mg	1.620	0	2	A	1		3.645			
Vitamin B-6	•	0.45	5 0.02	22 3	A	1		1.024			
Folate, total											
Folate, DFE											
Choline, total											
Betaine		0.12	0.01	E 2	7	1		0.27			
Vitamin B-12		0.12	0.01	.5 3 0	A As	1		0.27 6			
Vitamin A, RAE Vitamin A, IU		10		0	AS	1		23			
Lycopene		0		1	A	1		0			
Lutein + zeaxanthin		50		1	A	1		112			
Vitamin E (alpha-tocopherol)		1.69	0.01		A	1		3.81			
Tocopherol, beta		0.21	0.00		A	1		0.46			
Tocopherol, gamma		9.62	0.75		A	1		21.66			
Tocopherol, delta		4.22	0.23		A	1		9.50			
Tocotrienol, alpha		0.00	0.00		A	1		0.00			
Tocotrienol, beta		0.20	0.10		A	1		0.45			
Tocotrienol, gamma		0.07	0.03	6 3	A	1		0.16			
Tocotrienol, delta		0.00	0.00	0 3	A	1		0.00			
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)	µg										
Vitamin D3 (cholecalciferol)											
Vitamin D											
	110										
Vitamin K (phylloquinone) Dihydrophylloquinone											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.905 NC 8.787 4:0.....g 0.000 2 Α 1 0.000 6:0.....g 0.000 A 0.000 2 0.012 8:0.....g Α 1 0.026 10:0.....g 0.008 2 Α 1 0.018 0.004 2 12:0.....g Α 1 0.010 13:0.....g 2 0.026 0.060 14:0.....g Α 1 0.006 2 A 1 0.012 2.341 2 5,267 16:0.....g Α 1 17:0.....g 0.022 2 1 0.049 1.327 2 1 Α 2.986 18:0.....g 0.067 2 А 1 0.152 0.068 2 Α 1 0.154 22:0.....g 0.024 2 А 1 0.054 24:0.....g 4.901 0 NC 4 11.027 14:1.....g 0.000 2 Α 1 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.064 0 AS 1 0.144 0.063 2 Α 1 0.142 16:1 c......g 0.001 2 Α 1 0.002 16:1 t.....g 0.013 2 0.028 1 17:1.....g Α 18:1 undifferentiated......g 4.684 0 AS 1 10.539 4.628 2 10.414 Α 1 18:1 c.....g 0.055 2 Α 1 0.125 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.140 2 Α 1 0.316 0 0.000 AS 1 0.000 0.000 22:1 c.....g 2 Α 1 0.000 0.000 1 0.000 22:1 t......g Α 2 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 10.560 0 NC 4 23.761 18:2 undifferentiated......g 9.295 0 AS 1 20.913 9.145 A 1 20.576 18:2 n-6 c.c....g 18:2 CLAs......g 0.026 2 1 0.059 18:2 t,t.....g 18:2 i.....g 0.123 2 1 0.278 18:2 t not further defined......g Α 18:3 undifferentiated......g 1.191 0 2.679 AS 1 18:3 n-3 c,c,c (ALA)......g 1.100 2 A 1 2.476 0.090 2 18:3 n-6 c,c,c.....g 1 0.203 Α 0.000 2 1 0.000 18:3i.....g 0.000 2 А 1 0.000 18:4.....g 0.013 2 Α 1 0.028 20:2 n-6 c,c.....g 0.010 0 AS 20:3 undifferentiated.....g 1 0.023 0.000 2 A 1 0.000 20:3 n-3.....g 0.010 2 Α 1 0.023 20:3 n-6.....g 0.040 2 Α 1 0.090 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 2 Α 1 0.000 21:5......g 0.012 2 22:4.....g Α 1 0.028 22:5 n-3 (DPA).....g 0.000 0.000 Α 1 22:6 n-3 (DHA)......g 0.000 2 Α 1 0.000 0 0.180 NC 4 0.405 Fatty acids, total trans-monoenoic......g 0.056 0 NC 4 0.127 0.123 0.278 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 46 4.103 3 1 103 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.192 1 0.431 Α 0.555 0 Α 1 1.250 Threonine......g

	Amount in 1	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Isolaveira	0.881	0	A	1		1.983		
Isoleucineg Leucineg	1.437	0	A	1		3.233		
Lysineg	1.475	0	A	1		3.319		
Methionine	0.469	0	A	1		1.056		
Cystineg	0.220	0	A	1		0.496		
Phenylalanineg	0.699	0	A	1		1.573		
Tyrosineg	0.498	0	A	1		1.120		
Valine	0.958	0	A	1		2.155		
Arginine	1.101	0	A	1		2.478		
Histidine	0.632	0	A	1		1.422		
Alanine	0.967	0	A	1		2.176		
Aspartic acid	1.475	0	A	1		3.319		
Glutamic acid	2.979	0	A	1		6.702		
Glycineg	0.747	0	A	1		1.681		
Proline	1.398	0	A	1		3.146		
Serine. 9	0.584	0	A	1		1.315		
Hydroxyprolineg	0.007	1	A	1		0.017		

Common Measures:

Measure 1 = 225g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36010

T.G.I. FRIDAY'S, chicken fingers, from kids' menu

T.G.I Friday's

Fridays, TGI Friday's, family style

		<u>Am o</u>	unt in 100 gr			ble portic	<u>on</u>		dible portion	
				nbei		_		<u> </u>	- usui - s 01 100	<u> </u>
							Confidence			
Nutrients and Uni	ts	Mean S	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.49	2.072	6	A	1		16.60	57.09	
Energy		330		0	NC	4		135	466	
Energy		1382		0	NC	4		567	1949	
Protein		18.11	0.695	6	A	1		7.43	25.54	
Total lipid (fat)		20.78	1.053	6	A	1		8.52	29.31	
Ash		2.89	0.121	6	A	1		1.19	4.08	
Carbohydrate, by difference		17.72		0	NC	4		7.26	24.98	
Fiber, total dietary		0.9	0.087	3	A	1		0.4	1.3	
Sugars, total		0.34	0.003	3	A	1		0.14	0.47	
S .		0.00	0.000	3	A	1		0.00	0.47	
Sucrose		0.34	0.003	3	A	1		0.14	0.47	
Glucose (dextrose)						1				
Fructose		0.00	0.000	3	A A	1		0.00	0.00	
Lactose									0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch	g	16.33	1.338	3	A	1		6.70	23.03	
Minerals:										
Calcium, Ca	mg	27	3.533	6	A	1		11	39	
Iron, Fe		0.79	0.058	6	A	1		0.32	1.11	
Magnesium, Mg		28	1.021	6	A	1		11	39	
Phosphorus, P		338	13.819	6	A	1		139	477	
Potassium, K		300	10.769	6	A	1		123	423	
Sodium, Na		792	40.525	6	A	1		325	1117	
Zinc, Zn		0.62	0.025	6	A	1		0.25	0.88	
Copper, Cu		0.064	0.001	6	A	1		0.026	0.090	
Manganese, Mn	mg	0.236	0.017	6	A	1		0.097	0.333	
Selenium, Se	µg	28.0	2.470	3	A	1		11.5	39.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.100	0.017	3	A	1		0.041	0.141	
Riboflavin	mg	0.183	0.007	3	A	1		0.075	0.258	
Niacin	mg	7.983	0.554	3	A	1		3.273	11.256	
Pantothenic acid	mg	1.720	1	2	A	1		0.705	2.425	
Vitamin B-6	-	0.430	0.029	3	A	1		0.176	0.607	
Folate, total	ug									
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	µg	0.09	0.003	3	A	1		0.04	0.13	
Vitamin A, RAE	µg	2		0	AS	1		1	4	
Vitamin A, IU		10		0	AS	1		4	15	
Lycopene	ug	0		1	A	1		0	0	
Lutein + zeaxanthin		52		1	A	1		21	74	
Vitamin E (alpha-tocopherol)		1.85	0.264	3	A	1		0.76	2.61	
Tocopherol, beta		0.24	0.014	3	A	1		0.10	0.34	
Tocopherol, gamma		10.65	0.496	3	A	1		4.37	15.02	
Tocopherol, delta		4.59	0.373	3	A	1		1.88	6.47	
Tocotrienol, alpha		0.01	0.015	3	A	1		0.01	0.02	
Tocotrienol, beta		0.10	0.101	3	A	1		0.04	0.14	
Tocotrienol, gamma		0.04	0.039	3	A	1		0.02	0.06	
Tocotrienol, delta		0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)		25.4	3.110	3	A	1		10.4	35.8	
Dihydrophylloquinone		0.3	0.300	3	A	1		0.1	0.4	
-,r,q	µg	6.4	0.520	3	A	1		2.6	9.0	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 3.916 0 NC 1.605 5.521 4:0.....g 0.000 0.000 3 Α 1 0.000 0.000 6:0.....g 0.000 0.000 A 0.000 0.000 0.004 3 0.010 0.014 8:0.....g Α 1 0.004 10:0.....g 0.005 0.001 3 Α 1 0.002 0.007 0.000 3 0.004 12:0.....g Α 1 0.002 0.006 13:0.....g 0.004 3 0.025 0.010 0.035 14:0.....g Α 1 0.005 0.001 3 1 Α 0.002 0.007 2.348 0.220 0.963 3 3.311 16:0.....g Α 1 17:0.....g 0.023 0.003 3 1 0.009 0.032 1.333 0.148 3 1.879 Α 1 0.547 18:0.....g 0.068 0.007 3 А 1 0.028 0.096 0.069 0.007 3 Α 1 0.028 0.098 22:0.....g 0.025 0.002 3 0.010 0.035 24:0.....g Α 1 NC 4.893 0 4 2,006 6.899 14:1.....g 0.002 0.001 3 Α 1 0.001 0.002 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.061 0.006 3 AS 1 0.025 0.086 0.061 0.006 3 Α 1 0.025 0.086 16:1 c......g 0.000 0.000 3 Α 1 0.000 0.000 16:1 t.....g 0.012 0.001 3 0.016 0.005 17:1......g Α 1 18:1 undifferentiated......g 4.690 0.461 3 AS 1 1.923 6.613 0.441 1.906 4.648 3 1 6.554 18:1 c.....g Α 0.042 0.023 3 Α 1 0.017 0.059 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.129 0.029 3 Α 1 0.053 0.182 20:1.....g 0.000 0.000 3 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 11.003 NC 4 4.511 15.514 0.910 18:2 undifferentiated......g 9.646 3 AS 1 3.955 13.600 9.506 0.879 A 1 3.898 13.404 18:2 n-6 c.c....g 0.007 3 18:2 CLAs......g 0.030 1 0.012 0.042 18:2 t,t.....g 18:2 i.....g 0.110 0.031 3 1 0.045 0.155 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.093 3 0.524 1.803 1.279 1 AS 18:3 n-3 c,c,c (ALA)......g 1.198 0.083 3 A 1 0.491 1.689 0.081 0.024 3 0.033 0.114 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 0.000 18:4.....g 0.014 0.001 3 Α 0.006 0.020 20:2 n-6 c,c.....g 1 0.011 0.001 3 20:3 undifferentiated.....g AS 1 0.005 0.016 0.001 0.001 3 A 1 0.000 0.001 20:3 n-3.....g 0.001 3 0.011 Α 1 0.004 0.015 20:3 n-6.....g 0.041 0.002 3 1 0.057 20:4 undifferentiated......g Α 0.017 20:4 n-6.....g 0.001 0.001 3 А 1 0.000 0.001 20:5 n-3 (EPA)......g 21:5......g 0.012 0.001 3 22:4.....g Α 1 0.005 0.017 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.152 0 NC 4 0.062 0.214 Fatty acids, total trans-monoenoic......g 0.042 0 NC 4 0.017 0.059 0.110 NC 0.045 0.155 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 44 1.822 3 Α 1 18 63 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.188 1 0.077 0.265 Α 0.574 0 Α 1 0.235 0.809 Threonine......g

	Amount in 1		Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro		Deriv		onfidence Code		Measure 2	Measure 3
Isoleucineg	0.841	0	A	1		0.345	1.186	
Leucineg	1.395	0	A	1		0.572	1.968	
Lysineg	1.475	0	A	1		0.605	2.079	
Methionineg	0.445	0	A	1		0.183	0.628	
Cystineg	0.228	0	A	1		0.093	0.321	
Phenylalanineg	0.683	0	A	1		0.280	0.963	
Tyrosineg	0.455	0	A	1		0.187	0.642	
Valineg	0.930	0	A	1		0.381	1.312	
Arginineg	1.079	0	A	1		0.442	1.521	
Histidineg	0.614	0	A	1		0.252	0.865	
Alanineg	0.940	0	A	1		0.385	1.326	
Aspartic acidg	1.455	0	A	1		0.597	2.052	
Glutamic acidg	2.890	0	A	1		1.185	4.075	
Glycineg	0.752	0	A	1		0.308	1.061	
Prolineg	1.049	0	A	1		0.430	1.479	
Serineg	0.594	0	A	1		0.243	0.837	
Hydroxyprolineg	0.007	1	A	1		0.003	0.010	

Common Measures:

Measure 1 = 41g: 1 piece Measure 2 = 141g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36011

T.G.I. FRIDAY'S, classic sirloin steak (10 oz)

T.G.I Friday's

Fridays, TGI Friday's, family style

		<u>Am ou</u>	ınt in 100 gra		f edil	ole porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	:s	Mean St	Num of Da d. Error Poin	ata De			Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.24	1.130	6	A	1		104.27		
Energy	kcal	196		0	NC	4		346		
Energy	kJ	822		0	NC	4		1447		
Protein	g	31.02	0.859	6	A	1		54.59		
Total lipid (fat)	g	7.83	0.945	6	A	1		13.78		
Ash	g	1.44	0.055	6	A	1		2.54		
Carbohydrate, by difference	g	0.47		0	NC	4		0.83		
Fiber, total dietary	g									
Sugars, total		0.46		1	A	1		0.81		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.46		1	A	1		0.81		
Fructose		0.00		1	A	1		0.00		
Lactose		0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose		0.00		1	A	1		0.00		
Starch										
Minerals:		_		_		_				
Calcium, Ca		7		6	A	1		13		
Iron, Fe		2.87		6	A	1		5.06		
Magnesium, Mg		28 240		6	A A	1 1		49 423		
Phosphorus, P		240 379		6 6	A	1		423 666		
Potassium, KSodium, Na		232		6	A	1		407		
Zinc, Zn	-	5.54		6	A	1		9.75		
Copper, Cu		0.112		6	A	1		0.198		
Manganese, Mn		0.026		6	A	1		0.046		
Selenium, Se		30.6		3	A	1		53.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.091	0.003	2	A	1		0.161		
Thiamin	-	0.403		3	A	1		0.710		
Riboflavin Niacin	-	5.743		3	A	1		10.108		
Pantothenic acid	-	0.663	0.120	2	A	1		1.167		
Vitamin B-6	_	0.739	0.034		A	1		1.300		
Folate, total		0.739	0.034	3	-	_		1.300		
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12	-	2.63	0.088	3	A	1		4.63		
Vitamin A, RAE		11		0	AS	1		19		
Vitamin A, IU		37		0	AS	1		65		
Lycopene										
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.77	0.362	3	A	1		1.36		
Tocopherol, beta	mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma	mg	0.19	0.020	3	A	1		0.34		
Tocopherol, delta	mg	0.09	0.010	3	A	1		0.15		
Tocotrienol, alpha	mg	0.00		3	A	1		0.00		
Tocotrienol, beta		0.31		3	A	1		0.54		
Tocotrienol, gamma		0.04		3	A	1		0.08		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)										
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.451 0 NC 4.314 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.000 3 0.000 8:0.....g Α 1 0.000 10:0.....g 0.007 0.001 3 Α 1 0.012 0.000 3 0.005 12:0.....g Α 1 0.008 13:0.....g 0.008 3 0.137 0.242 14:0.....g Α 1 0.023 0.004 3 1 Α 0.040 0.106 3 1.357 2.389 16:0.....g Α 1 17:0.....g 0.067 0.003 3 1 0.117 0.836 0.081 3 Α 1 1.471 18:0.....g 0.008 0.002 3 А 1 0.014 0.007 0.001 3 Α 1 0.012 22:0.....g 0.005 0.001 3 Α 0.009 24:0.....g 1 NC 2.636 0 4 4.639 14:1.....g 0.032 0.003 3 Α 1 0.057 0.000 0.000 3 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.154 0.017 3 AS 1 0.271 0.136 0.016 Α 1 16:1 c......g 0.240 0.018 0.001 3 Α 1 0.032 16:1 t.....g 0.044 0.003 3 1 0.077 17:1.....g Α 18:1 undifferentiated......g 2.390 0.224 3 AS 1 4.206 0.232 3.803 2.161 3 Α 1 18:1 c.....g 0.229 0.032 3 Α 1 0.403 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.002 3 0.016 Α 1 0.028 20:1.....g 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 3 1 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.676 NC 1.190 0.054 18:2 undifferentiated......g 0.500 3 AS 1 0.879 0.444 0.057 3 A 1 0.781 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.023 1 0.041 18:2 t,t.....g 18:2 i.....g 0.033 0.003 3 1 0.057 18:2 t not further defined......g 18:3 undifferentiated......g 0.006 3 0.030 0.052 1 AS 18:3 n-3 c,c,c (ALA)......g 0.028 0.007 3 A 1 0.050 0.001 0.001 3 18:3 n-6 c,c,c.....g 0.002 Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.004 0.001 3 Α 1 0.007 20:2 n-6 c,c.....g 0.027 0.002 3 20:3 undifferentiated.....g AS 1 0.047 0.000 0.000 3 A 1 20:3 n-3.....g 0.000 0.002 3 0.026 Α 1 0.045 20:3 n-6.....g 0.078 0.010 3 1 20:4 undifferentiated......g Α 0.137 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.006 0.001 3 А 1 0.011 21:5......g 0.013 0.002 3 22:4.....g Α 1 0.022 22:5 n-3 (DPA).....g 0.018 0.003 3 0.032 Α 1 0.001 3 22:6 n-3 (DHA)......g 0.001 Α 1 0.002 0.280 0 NC 4 0.492 Fatty acids, total trans-monoenoic......g 0.247 0 NC 4 0.435 0.033 0.057 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 95 4.078 3 1 167 Phytosterols.....mg Amino Acids: 0.731 Tryptophan.....g 0.415 1 Α 1.451 0 Α 1 2.554 Threonine......g

	Amount in 1	-		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Erro		Deriv		Confidence Code		Measure 2	Measure 3
Isoleucineg	1.539	0	A	1		2.708		
Leucineg	2.631	0	A	1		4.630		
Lysineg	2.699	0	A	1		4.750		
Methionineg	0.828	0	A	1		1.457		
Cystineg	0.332	0	A	1		0.585		
Phenylalanineg	1.314	0	A	1		2.312		
Tyrosineg	1.138	0	A	1		2.003		
Valineg	1.604	0	A	1		2.823		
Arginineg	2.174	0	A	1		3.827		
Histidineg	1.177	0	A	1		2.071		
Alanineg	1.851	0	A	1		3.258		
Aspartic acidg	2.970	0	A	1		5.228		
Glutamic acidg	4.892	0	A	1		8.610		
Glycineg	1.488	0	A	1		2.619		
Prolineg	1.308	0	A	1		2.302		
Serine	1.182	0	A	1		2.081		
Hydroxyprolineg								

Common Measures:

Measure 1 = 176g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

NDB No. 36007 T.G.I. FRIDAY'S, french fries

T.G.I Friday's

Fridays, TGI Fridays, family style

		Amou	nt in 100 gr			ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean Sto	Nun of I I. Error Po	Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
								mododio i	mododio 2	in out and o
Proximates:										
Water		42.23	0.719	6	A	1		77.70		
Energy		296		0	NC	4		545		
Energy		1238		0	NC	4		2278		
Protein		3.74	0.179	6	A	1		6.88		
Total lipid (fat)		14.82	0.726	6	A	1		27.27		
Ash		2.31	0.327	6	A	1		4.24		
Carbohydrate, by difference		36.90		0	NC	4		67.90		
Fiber, total dietary		4.1	0.140	3	A	1		7.6		
Sugars, total		0.00	0.000	3	A	1		0.00		
Sucrose		0.00	0.000	3	A	1		0.00		
Glucose (dextrose)		0.00	0.000	3	A	1		0.00		
Fructose		0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.00	0.000	3	A	1		0.00		
Starch	g	32.87	0.467	3	A	1		60.47		
Minerals:										
Calcium, Ca	ma	19	0.987	6	A	1		34		
Iron, Fe		0.98	0.028	6	A	1		1.81		
Magnesium, Mg		31	1.396	6	A	1		57		
Phosphorus, P		121	7.890	6	A	1		222		
Potassium, K		604	31.471	6	A	1		1111		
Sodium, Na		409	105.417	6	A	1		752		
Zinc, Zn	mg	0.57	0.026	6	A	1		1.06		
Copper, Cu	mg	0.115	0.011	6	A	1		0.212		
Manganese, Mn	mg	0.259	0.011	6	A	1		0.476		
Selenium, Se	µg	0.4	0.000	6	A	1		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.321	3	A	1		1.9		
Thiamin	mg	0.107	0.009	3	A	1		0.196		
Riboflavin	mg	0.064	0.001	3	A	1		0.118		
Niacin	mg	2.797	0.236	3	A	1		5.146		
Pantothenic acid	mg	0.530		2	A	1		0.975		
Vitamin B-6	mg	0.282	0.004	3	A	1		0.519		
Folate, total	µg									
Folate, DFE	µg									
Choline, total										
Betaine	_									
Vitamin B-12		•		_		_		•		
Vitamin A, RAE		0		0	AS AS	1 1		0 0		
Vitamin A, IU		U		U	AS	1		U		
LycopeneLutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		1.09	0.084	3	A	1		2.01		
Tocopherol, beta		0.13	0.020	3	A	1		0.25		
Tocopherol, gamma		7.92	0.815	3	A	1		14.57		
Tocopherol, delta		3.04	0.397	3	A	1		5.59		
Tocotrienol, alpha		0.02	0.022	3	A	1		0.04		
Tocotrienol, beta		0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma		0.04	0.021	3	A	1		0.08		
Tocotrienol, delta		0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)	_									
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)		43.1	3.560	3	A	1		79.3		
Dihydrophylloquinone		0.0	0.000	3	A	1		0.0		
Menaquinone-4	µg	0.0	0.000	3	A	1		0.0		

Stigmasterol....mg

Campesterol....mg

Beta-sitosterol.....mg

8

12

28

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 2.600 0 NC 4.784 4:0.....g 0.000 0.000 3 Α 1 0.000 6:0.....g 0.000 0.000 A 0.000 0.000 3 0.006 8:0.....g Α 1 0.010 10:0.....g 0.004 0.001 3 Α 1 0.007 0.001 3 0.002 0.003 12:0.....g Α 1 13:0.....g 0.001 0.017 3 0.031 14:0.....g Α 1 0.003 0.000 3 A 1 0.006 1.510 0.037 2,779 3 16:0.....g Α 1 17:0.....g 0.015 0.001 3 1 0.028 0.931 0.064 3 1 Α 1.713 18:0.....g 0.050 0.002 3 А 1 0.092 0.045 0.002 3 Α 1 0.082 22:0.....g 0.018 0.001 3 Α 0.034 24:0.....g 1 NC 3.356 0 4 6.175 14:1.....g 0.000 0.000 3 Α 1 0.000 0.000 0.000 Α 1 0.000 15:1.....g 16:1 undifferentiated......g 0.016 0.002 3 AS 1 0.029 0.016 0.002 Α 1 0.029 16:1 c......g 0.000 0.000 3 Α 1 0.000 16:1 t.....g 0.008 0.001 3 1 0.014 17:1.....g Α 18:1 undifferentiated......g 3.252 0.049 3 AS 1 5.983 3.217 0.052 3 5.919 Α 1 18:1 c.....g 0.035 0.009 3 Α 1 0.064 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.006 3 20:1.....g 0.081 Α 1 0.150 0.000 0.000 AS 1 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 3 0.000 1 0.000 22:1 t......g Α 0.000 0.000 3 Α 1 0.000 Fatty acids, total polyunsaturated......g 7.473 NC 4 13.750 0.421 3 18:2 undifferentiated......g 6.522 AS 1 12.000 6.447 0.414 3 A 1 11.862 18:2 n-6 c.c....g 0.001 3 18:2 CLAs......g 0.008 1 0.015 18:2 t,t.....g 18:2 i.....g 0.067 0.012 3 1 0.123 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.059 0.940 3 1.729 1 AS 18:3 n-3 c,c,c (ALA)......g 0.891 0.055 3 A 1 1.640 0.048 0.008 3 0.089 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 18:4.....g 0.005 0.001 3 Α 1 0.010 20:2 n-6 c,c.....g 0.000 0.000 3 20:3 undifferentiated.....g AS 1 0.000 0.000 0.000 3 A 1 0.000 20:3 n-3.....g 0.000 0.000 3 Α 1 0.000 20:3 n-6.....g 0.006 0.000 3 1 20:4 undifferentiated......g Α 0.011 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 3 А 1 0.000 21:5......a 0.000 0.000 3 22:4.....g Α 1 0.000 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.102 NC 4 0.187 Fatty acids, total trans-monoenoic......g 0.035 0 NC 4 0.064 0.067 NC 0.123 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 1 1 Α 1 3 Phytosterols.....mg 1

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22 51 NDB No. 36007

T.G.I. FRIDAY'S, french fries

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 serving

Calories Factors: Protein Carbohydrate Fat

Food Group: 36 Restaurant Foods

NDB No. 36008

T.G.I. FRIDAY'S, fried mozzarella

T.G.I Friday's

Fridays, TGI Friday's, family style

		<u>Am</u>	ount in 100 g	rams	s of edi	ble portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbe	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source C	Confidence				
Nutrients and Unit	ts	Mean	Std. Error P				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		37.02	0.302	2 6	A	1		12.96	78.48		
Energy	kcal	333		0	NC	4		117	707		
Energy	kJ	1395		0	NC	4		488	2957		
Protein	g	15.82	0.191	L 6	A	1		5.54	33.53		
Total lipid (fat)	g	18.76	0.386	5 6	A	1		6.57	39.77		
Ash	-	3.07	0.045	5 6	A	1		1.08	6.52		
Carbohydrate, by difference	g	25.33		0	NC	4		8.86	53.69		
Fiber, total dietary	g	2.2	0.624	1 3	A	1		0.8	4.6		
Sugars, total	g	1.45	0.145	5 3	A	1		0.51	3.07		
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00		
Glucose (dextrose)		0.50	0.058	3	A	1		0.18	1.07		
Fructose	<u>g</u>	0.00	0.000) 3	A	1		0.00	0.00		
Lactose	g	0.00	0.000) 3	A	1		0.00	0.00		
Maltose		0.54	0.073	3	A	1		0.19	1.15		
Galactose	g	0.40	0.015	5 3	A	1		0.14	0.85		
Starch		21.27	0.167	7 3	A	1		7.44	45.09		
Minerals:											
Calcium, Ca	-	351	9.205		A	1		123	744		
Iron, Fe	-	0.59			A	1		0.21	1.25		
Magnesium, Mg		23	0.411		A	1		8	48		
Phosphorus, P		290	5.801		A	1		101	614		
Potassium, K	-	97	2.422		A	1		34	206		
Sodium, Na	-	738	8.764		A	1 1		258	1565		
Zinc, Zn		2.24 0.07			A A	1		0.78 0.025	4.75 0.151		
Copper, Cu		0.07			A	1		0.025	0.151		
Manganese, Mn		22.8	1.593		A	1		8.0	48.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.08	7 0.003	3	A	1		0.030	0.184		
Riboflavin	mg	0.26	7 0.007	7 3	A	1		0.093	0.565		
Niacin	mg	0.70	3 0.020	3	A	1		0.246	1.491		
Pantothenic acid	mg	0.45	5	2	A	1		0.159	0.964		
Vitamin B-6	mg	0.06	9 0.002	2 3	A	1		0.024	0.147		
Folate, total	µg										
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12		0.94	0.080		A	1		0.33	2.00		
Vitamin A, RAE		89		0	AS	1		31	188		
Vitamin A, IU		331		0	AS	1		116	701		
Lycopene		0		1	A	1		0	0		
Lutein + zeaxanthin		51	0.000	1	A	1		18	109		
Vitamin E (alpha-tocopherol)		0.86			A	1		0.30	1.83		
Tocopherol, beta		0.14			A A	1 1		0.05 1.80	0.30		
Tocopherol, gamma		5.14 1.99			A A	1		0.70	10.89 4.22		
Tocopherol, delta		0.06			A	1		0.70	0.13		
Tocotrienol, alpha Tocotrienol, beta		0.17			A	1		0.02	0.35		
Tocotrienol, gamma		0.05			A	1		0.06	0.33		
Tocotrienol, delta		0.00			A	1		0.00	0.00		
Vitamin D (D2 + D3)		0.00	3.000		•	-		0.00	0.00		
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

Tryptophan.....g

Threonine......g

0.169

0.377

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 7.172 0 NC 2.510 15.205 4:0.....g 0.181 0.003 3 Α 1 0.063 0.383 6:0.....g 0.149 0.003 Α 0.052 0.316 0.001 3 0.210 8:0.....g 0.099 Α 1 0.035 10:0.....g 0.242 0.006 3 Α 1 0.085 0.514 0.007 3 0.284 12:0.....g Α 1 0.099 0.603 13:0.....g 0.018 0.911 3 1.932 14:0.....g Α 1 0.319 0.099 0.002 3 1 0.209 Α 0.035 3.576 0.049 3 1,252 7.581 16:0.....g Α 1 17:0.....g 0.068 0.001 3 1 0.024 0.143 1.467 0.005 3 1 0.514 3.111 Α 18:0.....g 0.044 0.001 3 А 1 0.016 0.094 0.036 0.001 3 Α 1 0.013 0.076 22:0.....g 0.016 0.001 3 0.006 0.034 24:0.....g А 1 NC 4.481 0 4 1,568 9.500 14:1.....g 0.096 0.001 3 Α 1 0.034 0.204 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.176 0.002 3 AS 1 0.061 0.372 0.145 0.003 Α 1 0.051 0.307 16:1 c......g 0.031 0.001 3 Α 1 0.011 0.065 16:1 t.....g 0.025 0.000 3 0.054 1 0.009 17:1.....g Α 18:1 undifferentiated......g 4.108 0.082 3 AS 1 1.438 8.709 3.898 0.079 3 Α 1 1.364 8.264 18:1 c.....g 0.210 0.005 3 Α 1 0.074 0.445 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.076 0.004 3 Α 1 0.026 0.160 20:1.....g 0.000 0.000 3 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 3 22:1 c.....g 0.000 Α 1 0.000 0.000 0.000 0.000 3 1 0.000 0.000 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 5.261 NC 4 1.841 11.153 0.104 18:2 undifferentiated......g 4.579 3 AS 1 1.603 9.707 4.427 0.118 A 1 1.549 9.385 18:2 n-6 c.c....g 0.002 3 18:2 CLAs......g 0.053 1 0.018 0.112 18:2 t,t.....g 18:2 i.....g 0.099 0.013 3 1 0.035 0.210 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.036 3 0.618 0.216 1.311 1 AS 18:3 n-3 c,c,c (ALA)......g 0.584 0.042 3 A 1 0.204 1.239 0.032 0.005 3 0.011 0.068 18:3 n-6 c,c,c.....g Α 1 0.002 0.001 3 0.001 0.004 18:3i.....g 1 0.002 0.001 3 А 1 0.004 0.001 18:4.....g 0.006 0.001 3 Α 1 0.002 0.013 20:2 n-6 c,c.....g 0.013 0.000 3 0.004 0.027 20:3 undifferentiated.....g AS 1 0.000 0.000 3 А 1 0.000 0.000 20:3 n-3.....g 0.001 0.012 3 Α 1 0.004 0.026 20:3 n-6.....g 0.026 0.000 3 1 0.054 20:4 undifferentiated......g Α 0.009 20:4 n-6.....g 0.004 0.000 3 А 1 0.001 0.008 20:5 n-3 (EPA)......g 21:5......g 0.006 0.001 3 22:4.....g Α 1 0.002 0.013 22:5 n-3 (DPA).....g 0.007 0.000 3 0.002 0.014 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.342 0 NC 4 0.120 0.724 Fatty acids, total trans-monoenoic......g 0.241 0 NC 4 0.084 0.510 0.101 NC 0.035 0.214 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 43 0.696 3 Α 1 15 91 Phytosterols.....mg Amino Acids:

1

1

Α

Α

0

0.059

0.132

0.358

0.800

	Amount in 10	0 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.785	0	A	1	0.275	1.663	
Leucineg	1.490	0	A	1	0.521	3.158	
Lysine	1.073	0	A	1	0.375	2.274	
Methionineg	0.417	0	A	1	0.146	0.884	
Cystineg	0.199	0	A	1	0.070	0.421	
Phenylalanineg	0.844	0	A	1	0.295	1.790	
Tyrosineg	0.626	0	A	1	0.219	1.326	
Valineg	1.013	0	A	1	0.355	2.147	
Arginineg	0.636	0	A	1	0.222	1.347	
Histidineg	0.467	0	A	1	0.163	0.989	
Alanineg	0.477	0	A	1	0.167	1.010	
Aspartic acidg	1.033	0	A	1	0.361	2.190	
Glutamic acidg	3.744	0	A	1	1.310	7.938	
Glycineg	0.367	0	A	1	0.129	0.779	
Prolineg	1.788	0	A	1	0.626	3.790	
Serineg	0.656	0	A	1	0.229	1.390	
Hydroxyprolineg	0.000	1	A	1	0.000	0.000	

Common Measures:

Measure 1 = 35g: 1 piece Measure 2 = 212g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods

T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu

T.G.I Friday's

Fridays, TGI Friday's, macaroni, family style

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Nu	m be	r				easures of fo		
						Source (Confidence				
Nutrients and Unit		Mean S	Std. Error P				Code	Measure 1	Measure 2	Measure 3	
Nuti lents and one	.5	Weali	, a. 6101 ·	•				Wicasure i	Weasure 2	weasure .	
Proximates:											
Water	g	72.51	0.407	6	A	1		104.41	171.12		
Energy	kcal	121		0	NC	4		174	285		
Energy	kJ	505		0	NC	4		727	1192		
Protein	g	5.03	0.199	6	A	1		7.24	11.87		
Total lipid (fat)	g	3.45	0.119	6	A	1		4.97	8.14		
Ash	-	1.61	0.028	6	A	1		2.32	3.81		
Carbohydrate, by difference	g	17.40		0	NC	4		25.06	41.07		
Fiber, total dietary	g	1.0	0.076	3	A	1		1.4	2.4		
Sugars, total	g	1.65	0.035	3	A	1		2.37	3.89		
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00		
Glucose (dextrose)		0.00	0.000		A	1		0.00	0.00		
Fructose	g	0.00	0.000		A	1		0.00	0.00		
Lactose	g	1.65	0.035		A	1		2.37	3.89		
Maltose	g	0.00	0.000		A	1		0.00	0.00		
Galactose	g	0.00	0.000) 3	A	1		0.00	0.00		
Starch	g	13.17	0.240	3	A	1		18.96	31.07		
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	89	3.436		A	1		128	210		
Iron, Fe	_	0.53	0.045		A	1		0.76	1.24		
Magnesium, Mg	_	14	0.404		A A	1 1		20	32		
Phosphorus, P Potassium, K		131 88	3.519 6.307		A A	1		188 127	308 208		
Sodium, Na	_	482	19.906		A	1		694	1138		
Zinc, Zn	_	0.58	0.024		A	1		0.83	1.37		
Copper, Cu		0.068			A	1		0.098	0.161		
Manganese, Mn		0.135			A	1		0.194	0.318		
Selenium, Se		17.3	0.721	. 3	A	1		24.9	40.8		
Vitamins:											
Vitamin C, total ascorbic acid	_										
Thiamin		0.083			A	1		0.120	0.197		
Riboflavin	_	0.207			A	1		0.298	0.488		
Niacin		0.617			A	1		0.888	1.455		
Pantothenic acid		0.405		2	A	1		0.583	0.956		
Vitamin B-6	•	0.034	0.001	. 3	A	1		0.049	0.080		
Folate, total											
Folate, DFE											
Betaine											
Vitamin B-12		0.12	0.020) 3	A	1		0.18	0.29		
Vitamin A, RAE		25		1	AS	1		36	58		
Vitamin A, IU		92		1	AS	1		133	217		
Lycopene		0		1	A	1		0	0		
Lutein + zeaxanthin		68		1	A	1		98	160		
Vitamin E (alpha-tocopherol)		1.20	0.511	. 3	A	1		1.74	2.84		
Tocopherol, beta		0.04	0.005	3	A	1		0.06	0.10		
Tocopherol, gamma	mg	0.52	0.059	3	A	1		0.75	1.23		
Tocopherol, delta		0.16	0.021	. 3	A	1		0.23	0.38		
Tocotrienol, alpha	mg	0.03	0.015		A	1		0.04	0.07		
Tocotrienol, beta	_	0.33	0.008		A	1		0.47	0.77		
Tocotrienol, gamma		0.00	0.000		A	1		0.00	0.00		
Tocotrienol, delta		0.02	0.020	3	A	1		0.03	0.05		
Vitamin D (D2 + D3)											
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)											
Vitamin D											
Y 77 Y 7 / 1 11											
Vitamin K (phylloquinone) Dihydrophylloquinone											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 1.630 0 NC 2.348 3.847 4:0.....g 0.050 0.007 3 Α 1 0.072 0.119 6:0.....g 0.039 0.006 A 0.056 0.091 0.004 3 0.058 8:0.....g 0.025 Α 1 0.035 10:0.....g 0.064 0.009 3 Α 1 0.092 0.150 0.010 3 0.070 12:0.....g Α 1 0.101 0.166 13:0.....g 0.028 3 0.225 0.324 0.532 14:0.....g Α 1 0.026 0.003 3 1 Α 0.037 0.061 0.798 0.082 3 1.149 1.882 16:0.....g Α 1 17:0.....g 0.017 0.002 3 1 0.024 0.039 0.298 0.037 3 0.429 0.702 Α 1 18:0.....g 0.007 0.001 3 А 1 0.010 0.017 0.006 0.001 3 Α 1 0.009 0.014 22:0.....g 0.004 0.000 3 0.005 0.009 24:0.....g Α 1 NC 0.899 0 4 1,295 2.123 14:1.....g 0.023 0.003 3 Α 1 0.033 0.054 0.000 0.000 3 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.040 0.005 3 AS 1 0.057 0.094 0.032 0.004 3 Α 1 0.046 0.075 16:1 c......g 0.008 0.001 3 Α 1 0.012 0.020 16:1 t.....g 0.006 0.001 3 0.009 0.014 17:1......g Α 1 18:1 undifferentiated......g 0.815 0.071 3 AS 1 1.173 1.922 0.753 0.064 3 Α 1 1.085 1.778 18:1 c.....g 0.061 0.007 3 Α 1 0.088 0.145 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.014 0.001 3 Α 1 0.020 0.033 20:1.....g 0.001 0.002 AS 1 0.003 0.005 22:1 undifferentiated......g 0.002 3 22:1 c.....g 0.002 Α 1 0.002 0.004 0.000 0.000 3 1 0.000 0.001 22:1 t......g Α 0.000 3 0.000 Α 1 0.000 0.000 Fatty acids, total polyunsaturated......g 0.720 NC 4 1.036 1.698 0.045 18:2 undifferentiated......g 0.635 3 AS 1 0.915 1.499 0.594 0.041 3 A 1 0.855 1.402 18:2 n-6 c.c....g 0.004 3 18:2 CLAs......g 0.014 1 0.021 0.034 18:2 t,t.....g 18:2 i.....g 0.027 0.002 3 1 0.039 0.064 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.006 3 0.073 0.173 1 0.106 AS 18:3 n-3 c,c,c (ALA)......g 0.070 0.006 3 A 1 0.101 0.166 0.003 0.001 3 0.004 0.007 18:3 n-6 c,c,c.....g Α 1 0.000 0.000 3 0.000 0.000 18:3i.....g 1 0.000 0.000 3 А 1 0.000 0.000 18:4.....g 0.000 0.000 3 Α 0.000 0.000 20:2 n-6 c,c.....g 1 0.004 0.000 3 0.009 20:3 undifferentiated.....g AS 1 0.006 0.000 0.000 3 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.004 3 Α 1 0.006 0.009 20:3 n-6.....g 0.007 0.001 3 1 20:4 undifferentiated......g Α 0.010 0.017 20:4 n-6.....g 0.000 0.000 3 А 1 0.000 0.000 20:5 n-3 (EPA)......g 21:5......g 0.000 0.000 3 22:4.....g Α 1 0.000 0.000 22:5 n-3 (DPA).....g 0.000 0.000 3 0.000 0.000 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 3 Α 1 0.000 0.000 0.097 0 NC 4 0.139 0.229 Fatty acids, total trans-monoenoic......g 0.070 0 NC 4 0.101 0.165 0.027 NC 0.039 0.064 Fatty acids, total trans-polyenoic.......g Cholesterol....mg 8 1.271 3 Α 1 12 20 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.065 1 0.094 0.155 Α 0.180 0 Α 1 0.259 0.425 Threonine......g

	Amount in 1	Amount in edible portion of common measures of food						
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucineg	0.225	0	A	1		0.324	0.532	
Lysineg	0.424 0.305	0	A A	1 1		0.611 0.439	1.001 0.719	
Methionineg	0.102	0	A	1		0.147	0.242	
Cystineg	0.068	0	A	1		0.098	0.161	
Phenylalanineg	0.251	0	A	1		0.361	0.592	
Tyrosineg	0.182	0	A	1		0.262	0.430	
Valineg	0.285	0	A	1		0.410	0.673	
Arginineg	0.180	0	A	1		0.259	0.424	
Histidineg	0.135	0	A	1		0.194	0.318	
Alanineg	0.164	0	A	1		0.236	0.387	
Aspartic acidg	0.307	0	A	1		0.443	0.725	
Glutamic acidg	1.343	0	A	1		1.934	3.169	
Glycineg	0.128	0	A	1		0.184	0.301	
Prolineg	0.529	0	A	1		0.761	1.247	
Serineg	0.252	0	A	1		0.363	0.594	
Hydroxyprolineg	0.000	1	A	1		0.000	0.000	

Common Measures:

Measure 1 = 144g: 1 cup Measure 2 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 36 Restaurant Foods